

## What is an Endometrial Biopsy?

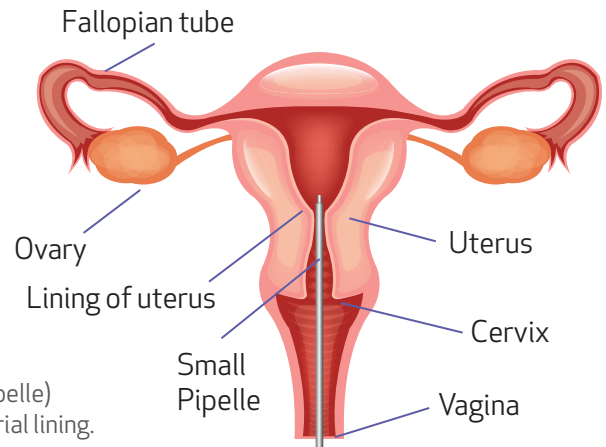
An endometrial biopsy is a procedure to evaluate the tissue that lines the inside cavity of your uterus. After your menses, the endometrium (inside lining of your uterus) grows thick with blood vessels, glands, and stored nutrients secondary to the estradiol presence. Around the time you ovulate (release an egg from your ovary), progesterone secreted from the ovary stabilizes this growth to allow an embryo to implant and develop. If implantation does not occur, the endometrial tissue sheds as menstrual flow to mark the beginning of your next cycle. Estradiol and progesterone control the growth and stabilization of the endometrial tissue.

Endometrial biopsy may be performed for a variety of reasons, including:

- Recurrent Pregnancy Loss
- Rule out Endometrial Hyperplasia (Overgrowth) in chronic anovulation
- Recurrent Implantation Failure - Repetitive IVF failure

## How is this test performed?

Your doctor will place a speculum inside your vagina, insert a small catheter (Pipelle) through your cervix into your uterus, and obtain a small sample of the endometrial lining. It usually takes just a few seconds. You may feel a pinch or some cramping.



## When will I receive the results of this procedure?

Results for this test will be reviewed and discussed with you during your follow up consult with your doctor. Usually, pathology report is received in 2-3 days, but the interpretation will be discussed at the follow up consult with your physician a few weeks later.

## Does this test have to be done on a specific day of my cycle?

Yes. The timing of the biopsy is based upon the indication for performing the procedure. Call the office the first day of your menses to schedule your appointment during the appropriate time.

- Recurrent Pregnancy Loss: Preferably around 7 days after ovulation to evaluate hormonal and chronic inflammatory changes.
- Endometrial Hyperplasia: Can be performed during any part of the cycle, except during menses.
- Recurrent Implantation Failure - Repetitive IVD failure:
  - Endometrial Receptivity Assay (ERA) - performed 7 days after LH surge or 5 days after exposure to progesterone during a "mock cycle".
  - Endometrial Scratching - performed after ovulation around day 21 of the cycle preceding the embryo transfer.

## What are the risks of this procedure?

There is a slight chance that the biopsy may disrupt an early pregnancy when the test is performed. To avoid this potential problem, your doctor may want you to avoid sex or use barrier contraception before the month you are having the procedure done. You will have a urine pregnancy test before you have the biopsy to make sure you are not pregnant.

## What can I expect after the procedure?

You may have mild cramps and you may also have vaginal spotting. Light bleeding and spotting can last until you have your period.

Call our office if you experience heavy vaginal bleeding, fever or foul-smelling discharge.

## Insurance questions

Most commonly an endometrial biopsy is considered a diagnostic evaluation. Our administrative personnel will be happy to assist you with your insurance coverage and patient responsibility.