**EMB PRE & POST INSTRUCTIONS:**

You have been scheduled for an endometrial biopsy to take a biopsy of the uterine lining. This procedure is done with a soft catheter that is inserted into the uterus. Usually for an EMB, we do not dilate your cervix. If we do, then you may be given local anesthetic in the cervix prior to dilation and this injection is not painful. Sometimes you will have cramping during the dilation and you will often have some cramping during the actual biopsy. The biopsy takes 1-2 minutes and the cramping resolves as soon as the procedure is completed.

**Endometrial Biopsy Preparation:**

* You may eat normally before you arrive and take 400-800 mg Ibuprofen (2- 4 Advil) or two Aleve one hour before the scheduled time of your EMB
* If you have an odorous discharge on the day of your biopsy, please cancel your procedure and make an appointment to have this evaluated by any of the providers in our office
* Tell your doctor if you are pregnant or if there is a chance you may be pregnant. Your doctor might want to take a pregnancy test before the biopsy to ensure that you aren’t pregnant

**After your Endometrial Biopsy:**

It is common to bleed after an EMB and you may bleed for 3-4 days possibly longer. You should not experience any pain or severe cramping at any time after the procedure, although you may have some mild cramping for a few hours afterwards. It is suggested:

* to **NOT** douche, for several days after your biopsy
* you may use medications such as ibuprofen or naproxen (Aleve) for the cramping you might have after the biopsy
* you use a sanitary pad until the following morning and then you may use tampons
* you may engage in any other physical activity that feels comfortable, including exercise and swimming
* you may have sexual intercourse when the bleeding stops

Your biopsy will always be sent to Pathology and you will hear from our office within one week with the results. If you have not heard back after 7 days, please call the office and ask if your results are ready. Our nurses will be happy to look for results that have been reported to you by that time.

A post-op appointment is not necessary unless you are having worrisome symptoms, or you would like to discuss your results in person. If you have an ongoing problem or persistent symptoms, you should make a consultation appointment to see your regular provider in the practice. If you need further treatment after we review your biopsy report, you will be told that at the time you receive your results and given a referral necessary.

You should call the office at (212) 966-7600 9a-5p or emergency number at (718) 575-3844 after 5p if you experience moderate to severe cramping, abdominal pain, dizziness or heavy bleeding.

**\*Though you may have some brief discomfort and cramping following the procedure, it is not necessary for you to plan additional time off from work or your normal activities\***

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