

PATIENT INFORMATION

ENDOMETRIAL BIOPSY



We hope that this information leaflet will help you to understand your care options. We hope that you will feel comfortable to ask questions of your health professional so that you can work together to make a plan that meets your needs and priorities.

Remember you can always ask the healthcare professional to explain things differently, explain things again, or to write down information for you.



Endometrial Biopsy

An endometrial biopsy is when a small sample of tissue is taken from the lining of the womb (the endometrium) and then sent to the laboratory to be examined under the microscope. The sample will then be examined for any abnormal cells. This is usually done because you have reported some abnormal bleeding, such as bleeding in between your periods or after the menopause. Or it may be performed to investigate fertility issues.

How is an Endometrial Biopsy performed?

An endometrial biopsy is a simple procedure that can be performed in the outpatient clinic. This entails:

- Passing a speculum into the vagina (similar to a smear test).
- A small sterile tube is then passed into the womb.
- A sample will be taken and sent off for analysis.
- The biopsy itself will take less than a minute but the whole procedure may take up to 10 minutes.
- If the biopsy is unsuccessful the doctor will discuss the possibility of further investigations with you.

What are the risks of the procedure?

Having an endometrial biopsy is generally very safe and you are unlikely to have any complications. The rare risks are:

- The sterile tube making a small hole in your womb (uterine perforation)
- Heavy vaginal bleeding
- Infection in your womb

An endometrial biopsy could also be taken during the outpatient hysteroscopy if this is suggested by the gynaecologist.

Consent

We want to involve you in decisions about your care and treatment. If you decide to go ahead, you may be asked to sign a consent form. This states that you agree to have the treatment and you understand what it involves. If you would like more information about our consent process, please speak to a member of staff caring for you.

There is a risk that your procedure will be cancelled if there is a chance of very early pregnancy. In order to be sure you are not pregnant at the time of the procedure you must not have sex or you must use reliable contraception between the first day of the last NORMAL period to the date of procedure.

What happens after the treatment?

You may be in some discomfort after the procedure, but you should be safe and able to travel home independently. You may want to keep the rest of your day after your procedure free in case you are uncomfortable.

After the biopsy has been taken this will be sent off to the laboratory for analysis. We will write to you within 3-4 weeks with the results and any further investigations or appointments that are needed.

Having read the above information, it might be helpful to think about the following...

- What do I want to ask my healthcare professional?
- What is worrying me about this procedure right now?
- What else is important in my life right now? Will this influence whether or not I have this procedure?
- Who is able to support me with the care that I chose?
- Would I like someone to come with me to my appointment if possible? *Please note that there may currently be restrictions on this as a result of the Covid-19 pandemic.*

Notes

You can fill out the following table with your healthcare professional. This will help you to think about which option is best for you, given your individual situation. Doing nothing is also an option.

My Options include...	The Benefits Why is this option good for me?	The Risks What is not so good about this option for me?
To have a biopsy		
To do nothing		

You might also want to ask...

- How quickly should I expect to see an improvement?
- Are there any activities that I need to avoid after the procedure?
- Who should I contact if I have questions after I leave today?
- Is there anything that I can do to help myself?
- Where can I go to get more information?
- What lifestyle changes could I make to support my recovery?

Notes

Remember you can always ask the healthcare professional to explain things differently, explain things again, or to write down information for you.

Who should I contact if I have any problems?

Emergency Gynaecology Assessment Unit is open 24 hours a day, 7 days a week. If you have any concerns after your treatment you can ring EGAU on 01905 761489 to speak to one of the gynaecology nurses for advice. You can also speak to your GP.

You should contact EGAU or your GP if after the treatment you have any of the following symptoms:

- An offensive, smelly discharge
- Heavy bleeding from the vagina
- Severe abdominal pain
- High temperatures

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.