



Stephanie Lee, MD | Kimberly Morphet, APRN, CNM | Holly Shively, APRN | Christy Shackelford, PA-C

## Hysteroscopy with Endometrial Biopsy

### Pre-Procedural Instructions:

Hysteroscopy with endometrial biopsy is recommended by the American College of Obstetricians and Gynecologists (ACOG) to investigate abnormal uterine bleeding, bleeding after menopause, a thickened endometrium (uterine lining), or a pap with abnormal uterine cells. It is also used to evaluate the endometrial lining for abnormalities and to aid in the diagnosis of conditions like endometrial polyps and uterine cancer.

What to expect:

- You will be asked to provide a urine sample for a pregnancy test as soon as you arrive at the office.
- You may experience pelvic cramping with the procedure.

Please purchase the following medication over the counter and follow these directions before taking it:

Ibuprofen (Motrin/Advil) 800 mg which is equivalent to 4 x 200mg tablets. Take with food or milk 1 hour prior to your procedure. After IUD insertion, you may take 4 tablets three times per day as needed for pain relief. Taking Motrin will help with pain. It will also prevent the uterus from contracting.

The medication listed below **may be** prescribed if your cervical opening is small or stenotic. Please follow these directions in taking it:

Misoprostol 200 mg vaginally at 6 pm the night before the procedure to dilate your cervix (if needed).

You will be offered the following optional medications to help with pain and anxiety during your hysteroscopy with endometrial biopsy. They are available for an additional charge.

### Pronox \$75

It is the #1 FDA cleared analgesic gas delivery system to improve comfort a few minutes allowing patients to drive immediately after their procedure. and relaxation during procedures. ProNox delivers a fixed mixture of O<sub>2</sub>(oxygen) and Nitrous Oxide (frequently referred to as laughing gas) to reduce pain, stress, and anxiety during in-office treatments. The gas mixture is delivered by simply breathing normally through a mouthpiece, which is 100% patient-controlled and administered. This option works quickly and wears off after



### Paracervical Block \$25

It numbs the nerves around the cervix, which can help reduce pain.

The procedure is very quick, and will last 5-10 minutes, but you will need to remain in the office for a few minutes afterward to ensure that you feel well.

#### ***Procedure Details:***

- You will undress from the waist down and cover yourself with a sheet.
- You will place your feet in stirrups and lay back on a reclined exam table
- A speculum will be inserted into your [vagina](#) to see your cervix
- Your cervix will be cleaned with a solution called povidone iodine (let us know if you have an iodine allergy and an alternative antiseptic will be used)
- A tenaculum will be applied to hold your cervix steady
- A paracervical block will be performed *if requested*
- A thin tube, or endometrial pipelle, will be inserted through your cervix into your uterus to collect a tissue sample. It will be removed and the tissue will be placed in a specimen container.
- A narrow camera, or hysteroscope, will be inserted through your cervix and into your uterus to inspect it for polyps, fibroids, and irregularities suggesting cancer.
- The instruments will be removed from the vagina.
- The tissue will be sent to a [pathologist](#) who analyzes the cells. The results are expected to return 1 week after the procedure. You will be contacted via the portal with the results.
- You will have a follow-up visit to review the results and to discuss treatment options with the provider.

#### **Post-Procedural Instructions**

##### **Office Hysteroscopy with Endometrial Biopsy**

You may experience mild cramping (like menstrual cramping), light vaginal bleeding and pinkish watery discharge. This may last approximately 1 week. Please use pads and not tampons for 1 week after the procedure. Avoid sexual relations until the bleeding and discharge resolve.

You may need to take over the counter Motrin or Tylenol for pain relief.

#### **CALL OUR OFFICE IF YOU DEVELOP AN OF THE FOLLOWING:**

- **Fever of 100.4 or greater**
- **Worsening pelvic pain**
- **Nausea**
- **Vomiting**
- **Vaginal discharge with odor**

Please call if you have any questions: 850-320-7693