



Endometrial Biopsy (EMB)

What to expect for the procedure:

- Usually done 5-9 days after menses
- You may experience mild cramping during the procedure.
- You will be able to leave 15 minutes after the procedure and drive yourself home.
- No strenuous activity, exercise, swimming or heavy lifting for the rest of the day.

How to prepare:

- You can take an over the counter pain reliever such as ibuprofen (Advil, Motrin) or Acetaminophen (Tylenol) 1 Hour before your appointment.
- Pro-Nox (a pain management breathable gas) will be available for a fee of \$75.

What to expect after the procedure:

- You may experience light spotting and mild cramping after the procedure.
- No sexual intercourse, tampons or vaginal medications for 2 days after the procedure.

When to call your Dr:

- Call your Dr if you experience: heavy bleeding or bleeding with clots, foul-smelling discharge, chills, fever or severe abdominal pain.

***PRONOX** is available for a charge of \$75 for any procedures. PRONOX is a self-administered laughing gas that helps patients with both pain management and anxiety. No chaperone is needed as the laughing gas is completely expelled from the body within 15 minutes after the last inhale. Please let the scheduling coordinator know when scheduling your procedure if you are interested in adding the PRONOX service.

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