

# Endometrial Polyps

## What are Endometrial Polyps?

Endometrial polyps are small overgrowths or outpouchings of the lining of the uterus (the endometrium). Polyps may be single or multiple. They range from a few millimetres to a few centimetres in size. We do not know why some people develop polyps and others do not, but people who are older, have high blood pressure, or have excess weight are more likely to develop polyps.



## How do I know if I have Endometrial Polyps?

Endometrial polyps may be asymptomatic (have no symptoms). When symptoms are present, they most commonly include heavy uterine bleeding, spotting, or bleeding between periods, and spotting after intercourse. Whether polyps increase the chance of infertility or miscarriage is not clear. Polyps are diagnosed based on an ultrasound or a sonohysterogram (a specialized ultrasound where saline is placed into the uterus). Sometimes polyps are diagnosed at the time of an endometrial biopsy or hysteroscopy.

## How are Endometrial Polyps treated?

People with polyps that are causing symptoms or who are trying to conceive, are treated with a surgical procedure called a Hysteroscopy +/- Dilatation and Curettage (D&C). Hysteroscopy is a type of minimally invasive surgery in which a small camera is placed through the cervix and into the uterus. Instruments can be guided through the hysteroscope and used to remove the polyp(s), or a curettage may be performed. Any polyps that are removed are sent to pathology to ensure they are benign. In reproductive-age individuals, the chance of finding precancerous or cancerous cells within a polyp is rare. Despite treatment, some people who develop polyps once may continue to develop new ones over time.

*\*Image taken from Nabta Health: What are Uterine Polyps*



ALBERTA  
REPRODUCTIVE  
CENTRE

If you have questions, please contact us via  
your Patient Portal or contact your Patient  
Care Coordinator directly.

#201, 17203 – 103 Ave NW  
Edmonton AB, Canada T5S 1J4  
P: 1 (587) 442-0461 | F: 1 (587) 442-2757