



PREPARING FOR COLPOSCOPY

Before your colposcopy appointment, you should not put anything in the vagina (e.g. creams).

A colposcopy can be done at any time during your menstrual cycles, but if you are having heavy vaginal bleeding on the day of your appointment, call your healthcare provider to ask if you should reschedule.

If you take any medication to prevent blood clots (aspirin, warfarin, heparin, clopidogrel), notify your healthcare provider in advance. These medications can increase bleeding if you have a biopsy during the colposcopy. You may want to take 600 mg of ibuprofen 30-60 minutes prior to the procedure to alleviate cramping that can occur with a biopsy.

If you know or think you could be pregnant, let your healthcare provider know. Colposcopies are safe during pregnancy, although healthcare providers usually do not perform biopsies of the cervix when you are pregnant.

COLPOSCOPY PROCEDURE

The procedure takes approximately 5 to 10 minutes, and will be performed during an office visit. You may experience minimal to moderate discomfort during this procedure.

Colposcopies are performed similar to a routine pelvic examination, while you lie on an exam table. Your provider will use an instrument called a speculum to open your vagina and look at your cervix. The provider then will look at your cervix using the colposcope, which is like a microscope. The provider will then apply a solution called acetic acid (vinegar) to your cervix. This solution helps to highlight any abnormal areas, making them easier to see with the colposcope. When this solution is applied, you may feel a cold or slight burning sensation, but it does not hurt. During the procedure, your provider may remove a small piece of abnormal tissue (a biopsy) from the cervix or vagina. Having a biopsy does not mean that you have cancerous cells. The tissue sample will be sent to a laboratory and examined by a pathologist. If you have a biopsy taken, your provider may apply a yellow-brown paste called Monsel to your cervix. This acts as a liquid bandage to stop any bleeding that was caused.

RECOVERY AFTER COLPOSCOPY

If you have a colposcopy without a biopsy, you may feel fine and can resume normal activities. You may have some spotting for a couple of days, which is normal. If you have a colposcopy with a biopsy, you may feel sore for a couple of days. You may have some vaginal bleeding and a dark brownish discharge for a few days. This is all normal and is caused by the Monsel mixing with blood. You may wear a pad until the discharge and bleeding stops. It is recommended that you do **NOT** put anything into the vagina while your cervix heals. This includes tampons, douching, and no sexual intercourse for the next 48 hours.

If you start to experience heavy vaginal bleeding (using more than one pad an hour), severe lower abdominal pain, fever, or chills please call the office at 214-369-1203.