

# Colposcopy Instruction



Interior Health  
Every person matters

Patient Information

[www.interiorhealth.ca](http://www.interiorhealth.ca)

## Initial Appointment

Doctor \_\_\_\_\_

Date / time \_\_\_\_\_

## What is Colposcopy?

A Colposcopy is very similar to having a Pap test done except that a special microscope, called a colposcope, is used to examine your cervix more closely.

## Why is a Colposcopy Done?

The goal of cervical screening (Pap test) is to detect abnormal cervical cells at an **early stage** when they can be easily removed to **prevent** possible cancer.

Colposcopy is the quickest and simplest way to locate the area where the abnormal Pap smear came from; a cervical biopsy (small sample of tissue) may be taken from the area of concern on the cervix. The tissue sample will be sent to the laboratory where it will be examined and a report will be sent to your specialist and/or primary care provider. The entire procedure will take about 10 minutes.

## Recommended Preparation

- Take ibuprofen (Motrin® or Advil®) 600 mg and Tylenol® (acetaminophen) 1,000 mg one hour before your appointment to prevent cramping. If you have an allergy or sensitivity to ibuprofen or Tylenol®, take the one that does not give you a reaction.
- Please ensure you have eaten either breakfast or lunch depending on the time of your appointment.
- If this is your second appointment, plan to have the exam when you are not having a menstrual period.
- Do not douche or have sexual intercourse 24 hours prior to the exam.

## What are the Risks?

The risk of complications from Colposcopy are small; however, a biopsy can cause an infection or bleeding in rare instances.

Colposcopy is safe for women who are pregnant; however, biopsies will not be taken. Please inform the Colposcopy Clinic if you are pregnant or if there is a possibility of pregnancy.

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Healthlink BC	Nurse	24 hours a day	Daily	<i>Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.</i>
<b>Call 8-1-1</b>	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
	Hearing Impaired	Call 7-1-1		
<a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a>				

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# Colposcopy Instruction *(continued)*

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## After the Procedure

- No intercourse, baths, swimming, or heavy exercise for 3-5 days.
- You have a tampon inside the vagina. This tampon must be removed in 2 hours. You then may use either a tampon or pad for any discharge.
- You do not have a tampon inside. Use either a pad or tampon for any discharge.

## Visit Your Health-Care Provider If:

- You have a fever over 100°F (37.8°C) 24 to 72 hours after the procedure.
- You have heavy bleeding that does not slow with rest, or bleeding that lasts more than 2 weeks.
- You have a foul-smelling odor or discharge.

## Abnormal Cervical Cells

### What Does This Mean?

**Mild atypical**—means that mildly abnormal cervical cells have been found. The mildly abnormal cells usually return to normal with time.

**Moderate or more severe atypical**—means that abnormal cervical cells show moderate or more severe changes and may require further treatment to remove these cells.

**This does not mean you have cancer.**

## Treatment Options

If treatment is necessary, your Colposcopist will determine the best treatment for your individual case and will discuss this with you during your follow-up visit.

## Results

Please contact your Colposcopist or primary care provider as discussed at the clinic for results of your Colposcopy and further recommendations.

## Follow-up Appointment

- You will be contacted by the Colposcopist with your follow-up appointment time.
- You are responsible for making your own follow-up appointment. Book an appointment 1 to 2 months in advance:

Phone \_\_\_\_\_

Month \_\_\_\_\_

## Additional Instructions

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