

2152 S Vineyard#138, Mesa AZ 85210  
480-539-6646-p 480-539-6696-fx

## **Colposcopy Pre/Post Procedure Instructions**

A Colposcopy is a medical diagnostic procedure to examine an illuminated, magnified view of the cervix and the tissues of the vagina and vulva.

### **Before your Colposcopy:**

- Write down questions or concerns that you have about the procedure, review these questions with the Doctor before the Colposcopy.
- Consider bringing a portable music player with headphones or reading material to help you relax during the Colposcopy.

### **How to Prepare for your Colposcopy:**

- Do not schedule an Colposcopy during your period.
- Do not have vaginal intercourse during the 2 days prior to your Colposcopy.
- You are advised to take 1000 mg of Tylenol or 800 mg of Ibuprofen (Motrin/Advil) one hour prior to appointment and may use it 6-8 hours after your Colposcopy.

### **What to expect During your Colposcopy:**

- A Colposcopy is done in the office and the procedure typically takes 10 to 20 minutes.
- You'll lie on your back on a table with your feet in supports, just as during a pelvic exam or Pap test.
- The Doctor/PA-C will place a speculum in your vagina. The speculum holds open the walls of your vagina so the Doctor/PA-C can see your cervix.
- The colposcope, a special magnifying instrument, is positioned a few inches away from your vagina and is used to get a close up look at your cervix and vagina.
- The Doctor/PA-C may apply a solution of acetic acid (vinegar). This may cause a burning or tingling sensation. The solution helps highlight any areas of abnormally growing cells.
- \* If the Doctor/PA-C notes any areas of abnormally growing cells a small sample will be taken for biopsy.
- A sharp biopsy instrument is used to remove a small piece of tissue from noted areas.
- The biopsy may cause cramping, or the sensation of pressure, or pain.

### **After your Colposcopy:**

- You may experience vaginal pain that lasts one or two days.
  - You may experience light bleeding or spotting from your vagina that lasts a few days.
  - You may experience a dark discharge from your vagina, that resembles dark coffee grounds.
  - You should avoid vaginal intercourse or the use of tampons, or douching for two weeks.
  - You will have no physical activity restrictions once the exam is complete.
  - You will need to follow up in office two weeks after the procedure.
-