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.