

Appointment Information

Date: ____/____/____
mm dd yy

Time: _____

What is a colposcopy?

Colposcopy is a painless examination of the cervix and vagina with a low power microscope. This procedure is usually done between menstrual periods and generally takes less than ten minutes. A woman lies down on the exam table in the same position like when the Pap test was done and a speculum is inserted into the vagina so as to be able to view the cervix and vagina.

Types of mammograns

If during the Pap test, the cervix looks abnormal or the Pap test finds abnormal cells, a Colposcopy may help determine the cause and what treatment may be needed. Use of the Colposcopy microscope gives a closer view of cervical changes to see if they are abnormal. If an area of abnormal cells is found, a biopsy can be taken from that spot.

A Colposcopy with possible Cervical Biopsy has been recommended for one or more of the following reasons:

- **Abnormal Pap Smear** test which requires this test to find out where these abnormal cells are and what type of cells are present. With the help of Colposcopy, the cervix, (the mouth of the womb), and vagina can be looked at closely and a biopsy, (tissue sample), can be taken to determine the cause of the abnormal tissue.
- **An abnormal appearing area was seen on your cervix** at the time of your Pap test.
- **You are a DES exposed daughter**, and it is important to look at your cervix and vagina to check for possible changes.

What is a Biopsy of the Cervix ?

A biopsy of the cervix is the removal of a small piece or pieces of tissue from the cervix using a specially designed instrument. This can be done during the Colposcopy exam. The tissue will be sent to a laboratory where it will be examined under a microscope. The results of this tissue exam will be reviewed by your health care provider/ and recommendations for treatment or follow up will be made. This information and recommendations will be discussed with you on your next visit to Sanitas medical center, which is usually 2 weeks after the Colposcopy exam. You should make that appointment for this visit as soon as possible after the Colposcopy.

Is the Biopsy painful?

Most women describe the biopsy as feeling like a sharp pinch. Some experience a menstrual like cramp. There may slight spotting or bleeding for a few days after the cervical biopsy.

What treatment will I need?

Sometimes treatment is not recommended, but repeating your Pap test at 6 month intervals will be needed as follow up. If treatment is required, your Sanitas doctor will discuss this with you during your follow up visit.

What Should I Do to Prepare for a Colposcopy?

- Schedule your colposcopy procedure for when you will not have your period.
 - You may want to take an over-the-counter pain reliever about an hour before the exam to reduce the chance of discomfort. Ask your Sanitas doctor in advance to recommend a pain reliever.
 - Do not douche, use tampons, put medications in your vagina, or have vaginal intercourse for at least 24 hours before the procedure.
 - If there is any possibility of pregnancy, a pregnancy test should be obtained, as endocervical curettage is NOT performed in pregnant women because of potential trauma to the gestational sac and heavy bleeding.
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What Happens During a Colposcopy and Biopsy?

- A colposcopy does not require an anesthetic, and can be done at our Sanitas medical center.
- The patient lies down on an exam table in the same position used to have a Pap test.
- A speculum — a metal or plastic instrument — is inserted into the vagina to separate the walls. You may feel some pressure when the speculum is put in.
- Your Sanitas doctor swabs the walls of the vagina and the cervix with a vinegar-like solution. The solution removes mucus and also turns abnormal cells white — making them more visible. You may feel a little burning from the solution. Your doctor may also apply iodine to make the abnormal cervical cells easier to see.
- Your Sanitas doctor looks at the magnified cervix and vagina through the colposcope from outside the vagina the instrument never enters the body.

Biopsies are taken from any areas that appear to have abnormal cervical cells. This is done in two ways:

- By scraping away cells with a small brush or a small metal loop called a curette
- By taking a plug of tissue about the size of half a grain of rice with an instrument similar to a paper punch. This is known as a punch biopsy.
- The tissue collected is sent to a lab for testing. A colposcopy and biopsy usually take about 10 minutes.

What Can I Expect After the Procedure?

- After you have a colposcopy procedure, your vagina may feel slightly sore for a couple of days.
- If you also have a biopsy, you may spot or have a dark-colored vaginal discharge. Use a maxi pad or panty liner.
- Through rare, possible infections or heavy bleeding can occur.
- You may shower or bathe as soon as you want after the procedure.
- If a biopsy is not taken, you can resume sexual activity as soon as you like.
- If a biopsy is taken, you should wait about three days before having vaginal intercourse. This allows the cervix time to heal. You can enjoy other sex play that does not involve inserting anything into your vagina.

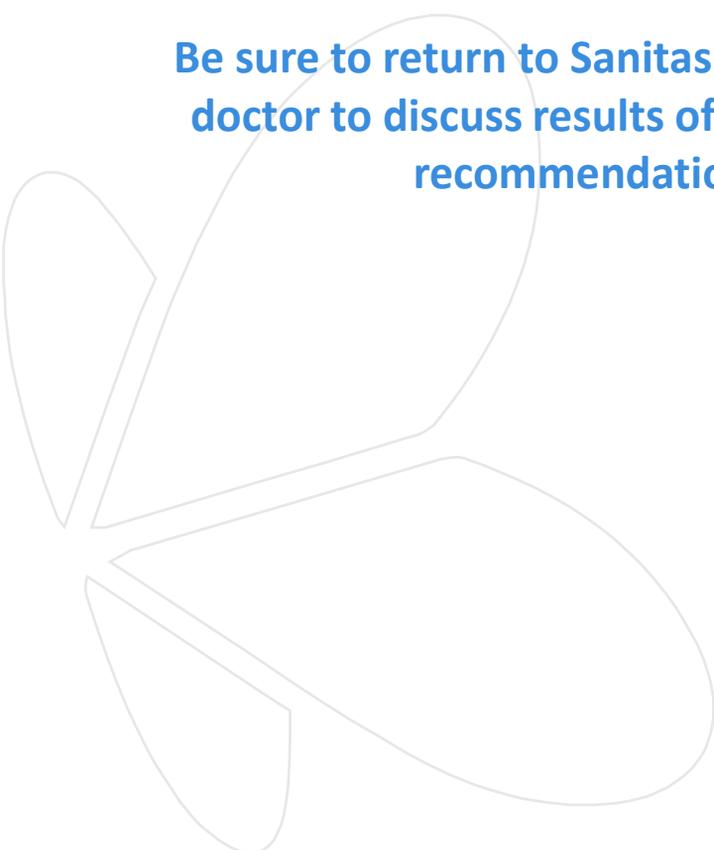


COLPOSCOPY PATIENT GUIDE

- Do not douche or use tampons.
- Continue taking your medications as usual — including your birth control.

Call Sanitas at 1-844-665-4827 if you experience

- Fever of 100.4 degrees or higher
- Pain (especially in the lower abdomen)
- Unusually heavy or bad smelling vaginal discharge v Heavy Vaginal Bleeding
- Any unusual symptoms or problems
- Any other questions



Be sure to return to Sanitas for a follow-up visit with your doctor to discuss results of your colposcopy test and get recommendations for future care