



COLPOSCOPY INSTRUCTIONS

You will receive a pamphlet with this notice explaining colposcopy. The purpose of colposcopy is to get a better diagnosis than a screening pap test can give. The magnification, along with the wetting of the cervix with vinegar, will bring out any abnormalities and tell the doctor where to take biopsies. The procedure itself takes approximately 5-10 minutes. You may experience some mild cramping and/or pinching during the procedure. The cramping will resolve within about five minutes.

Please do not douche or use any vaginal creams for at least three days prior to your colposcopy. Please be sure that you are not having any vaginal bleeding on the day of your procedure.

You may have a meal one to two hours before your procedure is scheduled.

At that time, you can take 400-800mg ibuprofen (3-4 Advil) or 2 Aleve to minimize cramping during and after the procedure.

If you find that you are extremely anxious about your upcoming colposcopy, please call our office for a prescription for an anti-anxiety medication. Please allow several days for this request to be processed.

You may experience light bleeding, mild cramping, and passage of brown material for several days after colposcopy. The brown material is a solution that is often used to protect the area where the biopsy is taken. Do not douche, have intercourse, or use a tampon for the first 48 hours. You may exercise the day after the colposcopy.