



### INSTRUCTIONS FOR LEEP PROCEDURE

LEEP is a treatment for cervical dysplasia. The procedure itself takes approximately 5-10 minutes. Most people find the LEEP very similar to the colposcopy in terms of the level of discomfort. You will receive a local anesthetic.

Please inform the nurse or physician in advance if you have any allergies, medical problems, or heart conditions that require antibiotics before medical procedures.

Please do not douche or use any vaginal creams for at least three days prior to your LEEP. 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.

You may take one Ativan, Klonopin, Xanax, or Valium an hour before the procedure. A prescription will be mailed to you to fill beforehand (or, you can pick it up). Bring the second pill with you to the office, to take when you get here, if needed.

You will receive a phone call approximately two weeks following your LEEP. A nurse will explain the pathology report from the LEEP and inform you of the recommended follow up. Most likely, the follow up will be an HPV (Human Papilloma Virus) test eight months following the procedure. Although we attempt to send out reminder letters, it is advisable for you to make a note in your calendar to call for an appointment 6-8 months from the date of your LEEP.

You may go to work and engage in physical activity as tolerated. You should not put anything in your vagina while your cervix is healing – this means no vaginal intercourse, no tampons, and no douching for six weeks following the procedure. It is advisable to use condoms until your follow up visit at 6-8 months. You can expect to have some vaginal drainage or discharge, which may be bloody. If you get your period during the first six weeks after the procedure, you must use pads. If during the first six weeks following the procedure you have bleeding that is as heavy as your period and you are NOT menstruating, please call the office.

**IMPORTANT!!!** We do not require you to have someone to accompany you home, but someone should be available if the need should arise. Please make these arrangements in advance.