

## Women's Health Clinic - Kimbrough Ambulatory Care Center Colposcopy Instructions

### Pre-Procedure Instructions:

1. Because of an abnormal Pap smear, or an abnormal appearing cervix, your provider has recommended that you have a procedure called *Colposcopy*. This is where the provider looks at the cervix with magnification to locate abnormal areas. All patients will have an *Endocervical Curettage (ECC)*. This is where the opening (os) to the cervix is scraped for abnormal cells. If any areas of abnormality are seen on inspection with the colposcope, a *biopsy* will be done.

2. Prior to the procedure we recommend:

a. That the procedure be done when you are not menstruating. If you are not on reliable contraception, please have a *serum pregnancy test* done with our facility within 72 hours prior to the procedure. This may be requested at the clinic front desk on a walk in basis.

b. You *pre-medicate* with Motrin 800 mg, 1-2 hours prior to the procedure. This will decrease any cramping that you may experience during the procedure.

c. Please *bring a Maxi-pad* with you to the procedure as you can anticipate heavy spotting after the procedure.

d. Please *bring your medical records* with you to your appointment.

### Post-Procedure Instructions:

1. After your procedure, you will be placed on *pelvic rest* for 10 days. This means, nothing in the vagina (tampons and intercourse).

2. You may use Motrin 800 mg every 8 hours as needed for cramping.

3. Please monitor for signs of *infection*: fever > 100.4, pelvic pain, foul smelling vaginal discharge.

4. Please monitor your *bleeding*. We anticipate that you may spot for the next week. If this increases to a period-like flow, please notify your provider.

5. Before leaving the clinic, stop at the front desk and schedule a *follow up appointment* for 3 weeks. It usually takes this long to get results. If there are any results that are concerning and are obtained by the provider prior to your follow up visit, you will be called. Please do not call the clinic for results unless otherwise instructed to. Calling large numbers of normal results makes it very difficult to respond quickly to urgent telephone calls.

6. The majority of patients will require a repeat colposcopy in 6 months. Your provider will discuss this with you at the follow up appointment.