



### **WHAT IS A COLPOSCOPY?**

A colposcopy is performed if your pap smear results detect any abnormal changes or HPV (human papilloma virus) on your cervix. The procedure is similar to a pap test and is performed in the office by your healthcare provider. A special microscope is used to take a closer look at your cervix to identify any areas of abnormal changes. A cervical biopsy may be performed at the time of your visit.

### **INSTRUCTIONS PRIOR TO A COLPOSCOPY**

For 24 hour prior to your appointment DO NOT:

1. Douche
2. Use tampons
3. Use vaginal medications or lubricants
4. Have sex

If you start your menstrual period prior to the procedure, please notify the office as your appointment will need to be rescheduled. You may take 600-800 mg of ibuprofen (motrin, advil) one hour prior to your appointment with food as you may experience a mild amount of cramping.

### **INSTRUCTIONS FOLLOWING A COLPOSCOPY**

1. You have just had a sample (biopsy) taken from your cervix. You will probably have some light bleeding for a day or two, and you may have some mild cramps for the rest of the day.
2. If needed, ibuprofen (Advil, Motrin, etc.) 400 mg (two tablets) every four hours should be strong enough for the cramps. If you should experience significant pain, please call our office.
3. There should be no signs of infection such as fever, chills, or foul discharge. If any of these develop over the next few days, please be sure to call our office.
4. There should not be any heavy bleeding, and your menstrual cycle should not be any different. Please call our office for any abnormally heavy bleeding.