

COLPOSCOPY PRE & POST INSTRUCTIONS

The Colposcopy is a procedure that provides a magnified and illuminated view of the Vulva, Vaginal Walls and Uterine Cervix. This procedure is done to evaluate an abnormal appearing cervix or an abnormal Pap Smear result.

Special tests are done during the colposcopy, including acetic acid wash, the use of color filters and sampling (biopsy) of tissues.

The procedure itself takes approximately 15-20 minutes. You may experience some mild cramping and/or pinching during the procedure. The cramping will resolve soon after the procedure is completed.

Colposcopy Preparation:

- Please be sure that you are not having any vaginal bleeding on the day of your procedure.
- Do not douche or use any vaginal creams for at least 2 days prior to your colposcopy.
- Do not have vaginal intercourse or use tampons 1-2 days prior to your colposcopy.
- You may have a meal 1-2 hours prior to appointment at that time you can also take 600-800 mg of 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 to request a prescription for an anti-anxiety medication. Please allow several days for this request to be considered.**

After your Colposcopy:

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 control bleeding from the biopsy site.

- **NO SEX, TAMPONS, or DOUCHING** for the first **48 hours**.
- You may exercise the day after the colposcopy.
- Brownish-black or grey vaginal discharge for a few days, up to two (2) weeks is normal
- **NOTIFY** us if:
 - a) You have heavy bleeding with clots or like hemorrhage.
 - b) You have fever higher than 101 F.
 - c) You are experiencing severe Pelvic or Abdominal Pain.

*** You will receive a phone call approximately two weeks following your COLPOSCOPY with results.**

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