

## **LEEP (Loop Electrosurgical Excision Procedure) PRE & POST INSTRUCTIONS**

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.

### **LEEP Preparation:**

- 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

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

### **After your LEEP:**

- Keep total pelvic rest for two (2) weeks. Avoid heavy lifting.
- You should NOT put anything in your vagina while your Cervix is healing- this means **NO VAGINAL INTERCOURSE, NO TAMPONS, and NO DOUCHING** for 6 weeks.
- NO TUB BATHS
- You will experience bleeding along with brownish-black vaginal discharge. Bleeding may persist from 1-2 weeks.
- **NOTIFY** us if:
  - a) You have heavy bleeding with clots or hemorrhage.
  - b) Any fever higher than 100F.
  - c) Severe Pelvic or Abdominal pain.
- Please make an appointment for a post-procedure exam in two (2) weeks.

\*You will receive a phone call approximately two weeks following your LEEP.

**Maria I. Betancourt, M.D. PLLC**

185 Madison Avenue, Suite 800 ▪ New York, NY 10016 ▪ T: 212-532-1111 ▪ Fax: 212-532-1185