

What to expect after a colposcopy exam?

1. You may feel cramping after a colposcopy exam. Using a warm water bottle and over the counter pain pills can help.
2. You may have spotting. Use a pad or tampon.
3. You can resume normal daily activities after the appointment.
4. To allow the cervix to heal, avoid the following for a short period of time:
 - Sexual activity.
 - Douching.
 - Vaginal or cervical medications.
5. Call your healthcare provider right away if you have any of these problems:
 - Heavy vaginal bleeding (using more than one pad per hour).
 - Severe lower abdominal pain.
 - Bad-smelling vaginal discharge.
 - Fever.
 - Chills.



For more information visit screeningforlife.ca.

**SCREENING
FOR LIFE.CA**

When will my results be available?

Your result will be available within a few weeks. Call your healthcare provider if you have any questions.

What does my colposcopy result mean?

- If the biopsy result shows minor changes (low-grade or CIN1) or normal result, your healthcare provider may recommend follow-up with another colposcopy in 6 or 12 months.
- If your test result shows major changes (high-grade, pre-cancerous lesion or CIN2, CIN3), your healthcare provider may recommend further treatment. This treatment will remove the abnormal cells and is done either in the colposcopy clinic or as a day procedure in the hospital.
- Your colposcopy clinic will let you know if a follow-up colposcopy or treatment is required.

Remember:

A Pap test helps to find abnormal changes in the cervix that could become cancer. Colposcopy will give even more information for follow-up or treatment. In most cases, abnormal results are not cancer. Talk with your healthcare provider about your colposcopy result if you have any questions.

Contact Information:



Colposcopy Information Guide

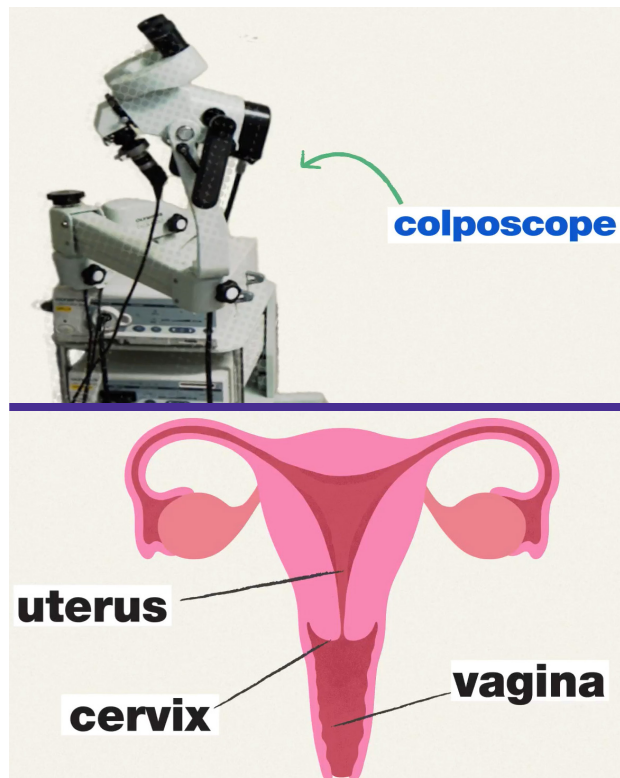


Why colposcopy?

A referral for colposcopy doesn't mean that you have cancer. It is a standard follow-up procedure recommended for people with an abnormal Pap test result.

What is colposcopy?

Colposcopy is a type of exam done by a specialist healthcare provider using a high powered microscope called a colposcope to look at the cervix (opening of the uterus).



Why is a colposcopy appointment necessary?

Colposcopy is the quickest and simplest way to determine why a Pap test is abnormal. This exam only takes about 5 to 10 minutes* and does not require hospitalization or anesthesia.

***Please be advised the wait for the exam may take longer.**

Why can't a family doctor perform colposcopy?

The colposcope is an expensive and complex medical equipment that requires special training for its use.

You will have a Pap test done as part of your follow-up appointment. You don't need one done by your family doctor while you're getting treatment or follow-up at the Colposcopy Clinic.

What happens if I'm pregnant?

While colposcopy could be performed when you're pregnant, this is a decision between you and your healthcare providers. Talk to your healthcare provider about the benefits and risks of having a colposcopy during pregnancy.

Is the colposcopy exam painful?

No, the colposcopy exam isn't painful. However, you may feel some discomfort. If a biopsy is taken during the exam, you may experience a pinching or cramping sensation.



How to prepare for a colposcopy exam?

Just like a Pap test, it is best done when you're not having a menstrual period.

What to expect during a colposcopy exam?

1. You will need to undress from the waist down and a gown or sheet would be used around your waist.
2. You will lie on the examination table in the same position as for a pelvic examination. Your feet may be placed in stirrups for support.



3. A speculum is used like in a Pap test to view the cervix.
4. To make cervical abnormalities more visible, vinegar or iodine solution may be applied on the cervix.
5. The colposcope is used to look at the cervix under magnification. It doesn't enter the vagina.
6. A tiny sample (biopsy) of tissue will be taken from the abnormal areas for further testing in the laboratory.
7. During the biopsy, you may feel a pinch, short cramps or have small amounts of bleeding. You can use a tampon and remove it after 2 to 3 hours.