

After LEEP

What to expect:

- You may notice brownish-black vaginal discharge, some light vaginal bleeding or no discharge at all after the procedure. All of these are normal. If you have discharge it usually lasts for 2 to 3 weeks.

To allow the cervix to heal, avoid the following for a short period of time:

- Sexual activity.
- Douching.
- Vaginal or cervical medications.

When your bleeding stops, you can go back to your usual activities. **Physical activity and exercise is okay.**

You can:

- Take over-the-counter pain meds to help.
- Return to work the day after the procedure.

If you have any questions, call the Colposcopy Clinic.


Follow-Up Appointments

We will see you again in the Colposcopy Clinic in **6 months**. Our clerk will mail you your appointment information.

Pap Tests

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.

Problems to Watch For

-  **See your family doctor or healthcare provider right away for:**
- Vaginal discharge with a bad smell.
 - Chills or a fever of 38.5° or higher.



Go to the nearest Emergency Room (ER) if you have heavy bleeding (you are soaking 1 pad per hour).

Contact Information:



Healthcare Provider



Clerk



Loop Electrosurgical Excision Procedure (LEEP)

for people having the procedure as an
Outpatient



**Alberta Cervical Cancer
Screening Program**

What is LEEP?

LEEP (Loop Electrosurgical Excision Procedure) uses a thin wire loop with electrical energy flowing through it to remove the abnormal cells from the cervix. These abnormal cells are **pre-cancer** and must be treated so that they do not turn into cancer cells.

In most cases (9 out of 10 women), LEEP removes all of the abnormal cells.

Important to Know

Menstruation (Period). LEEP can be done during your period. **Please do not cancel your appointment if you have your period.**

Pregnancy. LEEP **can't** be done if you are pregnant. Before the procedure, you will be asked to give a urine sample for a pregnancy test and the healthcare provider will ask you for the date of your last period.



If you have an appointment for LEEP and become pregnant, call the Colposcopy Clinic right away.

They will need to rebook your appointment.

For more information visit screeningforlife.ca.

SCREENING
FOR LIFE.CA

Preparing for LEEP

- **Time Off.** Arrange to take the day off for your procedure. Do not go back to work or school after LEEP.
- **Eating.** Have something to eat 1 to 2 hours before your appointment.
- **Medication.** To make you more comfortable, **1 hour before** your procedure you can take over-the-counter pain meds.
- **Intrauterine Devices (IUD).** These contraception devices may be removed during LEEP. If your IUD is left in, the strings might be cut shorter.
- **Driving.** Most women feel well after LEEP. For your safety, **you should have someone drive you home after LEEP.** If this is not possible, you must stay in the waiting room for 30 minutes after your procedure before leaving.
- **Time.** Your LEEP will take about 1 hour.
- **Questions.** If you have any other questions or concerns, write them down and bring the list to your appointment. We will be happy to answer these for you.
- **Allergies.** Tell your healthcare provider if you have an allergy to freezing medication.

During LEEP

1. A grounding pad is applied to your body to protect you from the electrical wire (Loop) used for LEEP.
2. A speculum is put into the vagina so the cervix can be seen.
3. A vinegar and/or iodine solution is put on your cervix to make the abnormal cells easier to see. This might feel cold.
4. Medication is injected to freeze (numb) your cervix so you won't feel sharp pain. The medication can cause:
 - A feeling of pressure.
 - Stinging or cramps in the lower abdomen.
 - A funny taste in the mouth.
 - Shakiness.
 - A faster heart beat for a few minutes.
5. Abnormal tissue is removed with the Loop.
6. A yellow paste (Monsel's Paste®) may be put on the cervix to stop bleeding and help healing. This paste:
 - Can cause black vaginal discharge.
 - Comes off in about 4 days (it will look like a small clump with mucous).

