

McDonald-Murrmann Women's Clinic provides comprehensive women's care services. Our physicians have been board certified and are Fellows of the American College of Obstetricians and Gynecologists.

McDonald-Murrmann Women's Clinic is committed to providing superior obstetrical and gynecological care for the many stages of a woman's life encouraging prevention, education and options.

**Whether or not you need additional treatment following your colposcopy procedure, continue to have regular Pap tests and pelvic exams. Ask your physician when you should have your next checkup.**



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McDonald-Murrmann  
Women's Clinic

## Colposcopy

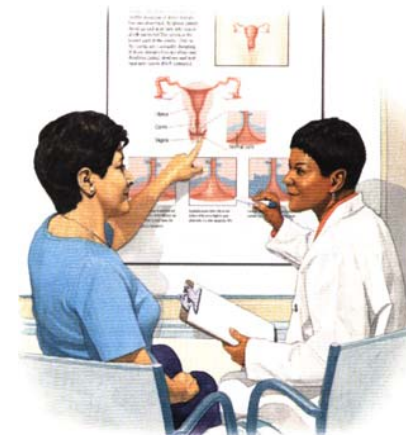


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## What is a Colposcopy?

**Colposcopy** is a procedure that gives your healthcare provider a magnified view of the cervix. It is done using a special lighted microscope called a colposcope. In most cases, a sample of cervical cells is taken during a biopsy. The sample can then be studied in a lab. If any problems are found, you and your physician will discuss treatment options. Problems with the cervix can be treated best when detected early.



## Reasons for the Procedure

Colposcopy is usually done as a follow-up exam to help find the cause of an abnormal Pap test. Abnormal Pap tests are often due to an HPV (human papilloma virus) infection. HPV is a large family of viruses. HPV can cause genital warts. It can also cause changes in cervical cells. Colposcopy is also used to assess other problems. These include pain or bleeding during sexual intercourse, or a lesion on the vulva or vagina.

## What Are the Risks?

Colposcopy is a very safe procedure. It usually takes less than 30 minutes, and most women only have minor discomfort. You can often go back to your normal routine right away. Problems after colposcopy are very rare, but can include:

- Bleeding (if a biopsy is done)
- Infection

Please do not hesitate to discuss any of your specific concerns with your physician.

# What to Expect During Your Colposcopy

## Getting Ready for the Procedure

Colposcopy is normally performed at the McDonald-Murrmann Women's Clinic offices. It will be scheduled for a time when you're not having your menstrual period. You may be asked to sign a form giving your consent to have the procedure. A day or two before the procedure, your physician may ask you to:

- Avoid sexual intercourse.
- Stop using tampons.
- Avoid using creams or other vaginal medications.
- Avoid douching.
- Take over-the-counter pain medications an hour or two before the procedure.

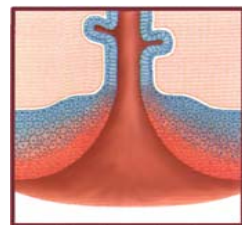
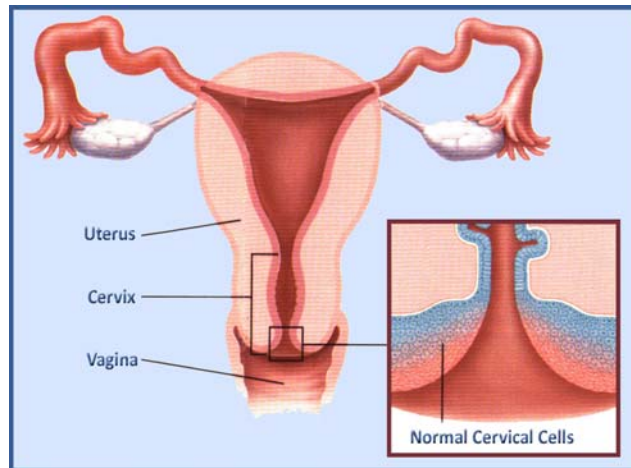
## The Cervix

The cervix is the narrow canal at the bottom of the uterus. It is made up of layers of cells that slowly change as they grow. Mature cells form a protective covering on the surface of the cervix.

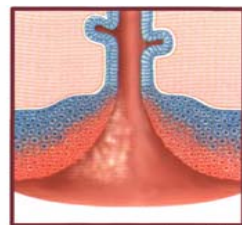
During a Pap test, samples of these surface cells are taken for study. When all of these cells are normal, your Pap test results are usually normal.

## Changes in the Cervix

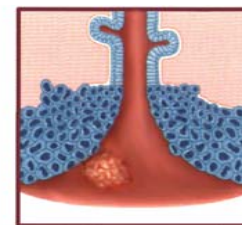
Certain changes in the growth of cervical cells can result in an abnormal Pap test. In many cases, these changes are benign



HPV infection can lead to abnormal cell changes of the cervix. The infection can also cause genital warts. In most cases, the infection shows no symptoms.



Dysplasia occurs when cells on the surface of the cervix begin to grow abnormally. It is often caused by HPV.



Cervical Cancer may result from dysplasia that spreads beyond the surface of the cervix.

(not cancerous). But they may signal problems that can lead to cancer later on. This cancer causing potential is why colposcopy is used to look more closely at the cervix. When detected early, most problems can easily be treated.

## During Colposcopy

- You will be asked to lie on an exam table with your knees bent, just as you do for a Pap test.
- An instrument called a speculum is inserted into the vagina to hold it open.
- A vinegar solution is applied to the cervix to make the cells easier to see. You may feel pressure or a slight burning for a few moments. In some cases, the cervix may be numbed first with an anesthetic.
- The cervix is viewed through the colposcope, which is placed outside the vagina.
- If your physician sees abnormal areas on the cervix, a biopsy will be done. The tissue sample is sent to a lab for study.
- You may feel slight pinching or cramping during the biopsy. Medication may be applied to the biopsy site to stop bleeding.



## After the Procedure

- If you feel lightheaded or dizzy, you can rest on the table until you are ready to get dressed.
- If a biopsy was done, you may have mild cramping or light bleeding for a few days. You may also have discharge from the medication used to stop bleeding at the biopsy site.
- Use pads, **not tampons**, for at least the first 24 hours.
- If you have any discomfort, over-the-counter pain medication can provide relief.
- Ask your physician when you can resume sexual intercourse.

## Follow-Up

If a biopsy was done, your physician will get the lab report in a week or two. You and your doctor can discuss the results. In some cases, you may be scheduled for further tests or treatment. This follow-up can include having abnormal cells removed from your cervix. Be sure to keep appointments for follow-up with your physician. These appointments help ensure that treatment is successful.

**CALL**  
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**If you experience:**

- \* Heavy Vaginal Bleeding  
(More than a pad an hour for 2 hours)
- \* Severe or Increasing Pelvic Pain
- \* A fever of over 101°F (38.3°C)
- \* Foul-smelling or unusual vaginal discharge.