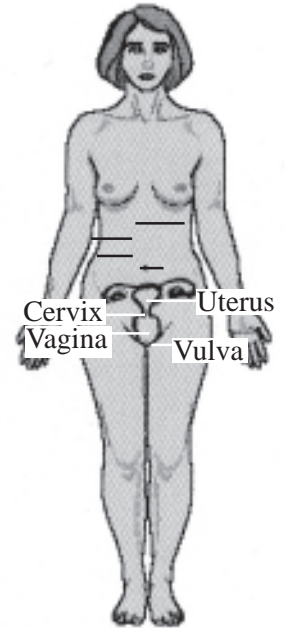


# Taking Care Of Yourself After Your Colposcopy



**Today you had a colposcopy.** A colposcopy is done when you have had a Pap smear that is not normal (abnormal). It is a way for your health care provider to carefully check your cervix, vagina and vulva (the skin outside the vagina) for places that are not normal.

You may also have had a biopsy in which a small sample of any abnormal place is taken off to be checked under a microscope. This will help your health care provider know more about your condition and what treatment you may need.



**Having a colposcopy does not mean that you have cancer.** The colposcopy can help your health care provider tell why your Pap smear was abnormal. If a problem is found early, it may be cured by minor treatment. Not taking care of a problem won't make it go away - it only gets worse. It is very important to have the colposcopy done. You must come back for all your appointments to find out what you need to do to take care of this problem and keep you healthy.

## How should I take care of myself after the colposcopy?

1. If you had a biopsy, you may have some mild cramping pain, like menstrual cramps, in your belly (abdomen). This is normal. You can take ibuprofen (Advil or Motrin) or acetaminophen (Tylenol) for the pain. You do not need a prescription to buy these medicines. Take the medicine as it tells you to on the label or ask the pharmacist for help. Do not take any medicines to which you are allergic.
2. For the next 1 - 14 days you may have some vaginal spotting and may have a dark brown vaginal discharge. Go to the Parkland Intermediate Care Center if you have vaginal bleeding that is heavier than your usual period.

3. For the next 1 - 2 weeks:

- Do not have sex.
- Do not douche.
- Do not put any medicines or tampons in your vagina. Use sanitary pads in your underpants instead of tampons.

At your first clinic visit be sure we have your **correct name, address and telephone number**. With this information, we can reach you quickly if we need to. Be sure to let us know if there are changes in any of this information.

It is important to keep all your clinic appointments.  
If you cannot keep your appointment or if you have any questions,  
call the clinic before your appointment time.  
Ask to speak to \_\_\_\_\_.



**Keep your next appointment!**