

## Colposcopy Instructions

The purpose of colposcopy is to get a better diagnosis than a screening pap test can give. The procedure itself takes place in our office and typically takes less than fifteen minutes to complete. You may experience some mild cramping and/or pinching during the procedure. The cramping will resolve within approximately 5 minutes after the procedure has concluded.

Please do not douche or use any vaginal creams for at least three days prior to your colposcopy. Please be sure that you are not having any vaginal bleeding on the day of your procedure.

You may take Ibuprofen prior to the procedure to minimize cramping during and after the procedure.

You may experience light bleeding, mild cramping, and/or the passage of brown vaginal discharge for several days after your colposcopy. The brown discharge is a solution that is often used to protect the area where the biopsy is taken. Do not douche, have intercourse, or use a tampon for one week after your procedure.