

L.E.E.P.

Loop Electrosurgical Excision Procedure

What is a LEEP?

LEEP stands for “Loop Electrosurgical Excision Procedure”. A thin, wire loop (heated by a very low electrical current) is used to remove abnormal tissue from your cervix. The heated loop seals the surrounding blood vessels and tissues to prevent bleeding. This procedure takes only a few minutes.

A sample of the abnormal tissue is sent to a lab for testing. The results will describe the abnormal cells and help your doctor know if all of them were removed.

Once the abnormal cells are removed, healthy tissue may grow back in its place.

Why do I need a LEEP?

Your doctor may recommend a LEEP to remove abnormal cells that were found on your cervix in a Pap test, biopsy or colposcopy exam.

What risks are possible with this procedure?

Complications are very unlikely, but may include:

- heavy bleeding
 - infection
 - narrowing or scarring of the cervix
 - accidental cutting or burning of normal tissue
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What happens before the procedure?

- You can eat and drink as usual at home, before the procedure.
- Arrange for someone to come with you to the hospital, take you home after the procedure and stay with you for the first few hours at home.
- Take some acetaminophen (Tylenol®) or ibuprofen (Advil® or Motrin®) as the procedure may cause some cramping.
- If you get your period and it is moderate to heavy, we will not be able to do the procedure. Please call your colposcopy doctor to cancel. Light spotting is ok.

What happens during the procedure?

- If you are feeling very anxious when you come to the hospital, the nurse can give you some medication that will help.
- You will change and remove all metal (such as zippers and piercings) and jewelry. We will lock the room during the procedure, but you are responsible for your jewelry.
- You will sit in the same type of chair used for a Pap test.
- The doctor will gently put a rubber-coated speculum into your vagina. Then, the doctor will inject a medication to numb your cervix and prevent bleeding. This medication can make you feel jittery, especially your legs. This is normal.
- During the procedure, it is important to stay as still as possible. You will hear the machine that heats the loop, which sounds like a vacuum cleaner. The procedure will take only a few seconds.
- When the procedure is finished, the doctor will apply a paste that forms a scab over the treated area.
- The nurse will help you sit up and check how you are feeling. If you feel dizzy, you can lie down for a while and your support person can stay with you.

What happens after the procedure?

- Your support person can take you home and check on you for the first few hours at home.
- Plan to rest for a few days.
- Your cervix needs 2 weeks to heal.
- Do not put anything in your vagina for 2 weeks after the procedure. No tampons, douching or sexual intercourse.
- You may have a shower. Avoid swimming, hot tubs and bathing for 2 weeks.
- Avoid strenuous exercise for 2 weeks.
- Follow your doctor's advice about returning to work.

What can I expect after the procedure?

You may notice:

- A moderate amount of red, dark or watery discharge.
- A black or brown 'clumpy' discharge that lasts up to 2 weeks.
- The discharge may have an odour, but should not smell bad.
- Mild cramping for 1 to 2 days. To relieve pain, take acetaminophen (Tylenol®) or ibuprofen (Advil® or Motrin®). Do not take ASA (aspirin).

When do I need to get medical help?

Call your colposcopy doctor's office if you notice any of the following problems:

- bright red bleeding, heavier than a normal period (soaking a maxi-pad in less than 2 hours)
- heaving bleeding that occurs off and on
- severe cramps or pain
- fever, a temperature above 38°C (100.4°F)

Dr. Gai	905-309-8723
Dr. Narine	905-309-2220
Dr. Newbube	905-309-1947

If you are bleeding heavily and cannot reach your doctor, call 911 or go to the nearest hospital Emergency Department.