

Loop Electrosurgical Excision Procedure (LEEP) Pre-treatment Instructions

- Call the clinic at least **one week** before your planned appointment (preferably on a Monday or Tuesday) to make sure that treatment is needed and the nurse will return your call on Wednesday. The clinic phone number is 905-574-8488.
- Do not drink any caffeine for at least 1 to 2 hours before and after procedure.
- Eat meals normally on the day of your procedure; for example breakfast in the morning or lunch in the afternoon. It is important that you **DO NOT FAST** before your procedure.
- Plan to have 1 to 2 days off work if:
 - your job involves lifting over 10lbs, or
 - it involves standing for long periods of time
- If you suffer from severe anxiety, please contact your family doctor for medication to take before the procedure.
- If you found previous exams uncomfortable, take 1 to 2 extra strength Tylenol or Advil (ibuprofen) one hour before your appointment.
- Arrange to have someone accompany you to your appointment.
- If you have your period, you will need to phone the clinic to re-schedule (unless it is the end of your period and you are just lightly spotting).
- If you are on blood thinners, check with clinic at least 2 weeks before your planned appointment.