

Call the Colposcopy Clinic at 905-574-8488 if you have:

- bright red bleeding heavier than a normal period (soaking a maxi-pad in less than 2 hours)
- heavy bleeding that is off and on
- severe cramps or pain
- fever
- questions or concerns

After hours: Call 905-521-2100, and ask for the gynecologist-on-call. Tell them that you are under the care of a Hamilton Health Sciences gynecologist.

If you are bleeding heavily and cannot reach the clinic, call 911 or go to the nearest Emergency Department serving adults, unless directed differently by your doctor.

Information for Patients

Loop Excision of the Cervix

You may notice:

- A moderate amount of reddish, dark or watery discharge.
- Black or brown lumpy discharge. This discharge may last up to 2 to 4 weeks. The discharge may have some odour. Some patients have no discharge at all.
- Cramps somewhat like menstrual cramps. Mild cramping for 1 to 2 days is normal and can be relieved by medications such as Tylenol® or Ibuprofen®. Do not take aspirin.

Helping yourself heal ...

- Your cervix needs 4 weeks to heal completely.
- Do not put anything into your vagina for 4 weeks after your surgery.
This means:
 - no tampons
 - no douching
 - no sexual intercourse
- You may have a shower.
- Avoid strenuous exercise for 10 days.
- Check with your doctor about when you can return to work.
- No heaving lifting (over 10 lbs) for 7 to 10 days.