

## **Instructions for Colposcopy**

As you have been informed, your last Pap smear has been reported as “abnormal”. This means that you should have another test, a colposcopy exam, to help determine the degree of abnormalities of cervical cells.

Colposcopy can be performed in a doctor’s office without anesthesia. It causes about as much discomfort as menstrual cramps.

As a screening test, a Pap smear may not give the complete picture. With the help of an instrument called a colposcope, magnification of the cervix, vagina, and vulvar areas can be done. This magnified view may clarify abnormalities. Biopsies or tissue samples are taken if indicated, which can then help determine the cause of an abnormal pap. The analysis of these biopsies significantly improves the accuracy of diagnosis and can help guide treatment and follow-up.

### **Patient Instructions for Colposcopy Examination**

1. IMPORTANT – Before your appointment, be sure to eat a balanced breakfast or lunch.
2. You should not be having your menstrual period.
3. You may take 1 or 2 Advil or Tylenol tablets approximately 30-45 minutes before your examination to relieve any cramping you may experience.
4. Plan to arrive 15-20 minutes before your appointment, then allow approximately 1 hour.
5. If you have other insurance, please check with your insurance carrier regarding coverage prior to your colposcopy appointment.