

Instructions for Patients for Colposcopy

It is important to be able to clearly see and evaluate your cervix during the colposcopy.

- 1. Please schedule the exam on a day when you are not menstruating.**
- 2. Avoid douching, using tampons, vaginal medications, or having sexual intercourse within 24 hours prior to the procedure.**

While some parts of the procedure can be performed on pregnant woman, other parts should be avoided during pregnancy.

- 1. Be extra careful about using contraception and condoms the few weeks prior to your procedure.**
- 2. To be absolutely sure that you are not pregnant on the day of the examination, avoid intercourse starting from the date of your menstrual cycle up until the procedure day. You should also avoid intercourse for 2 weeks after the procedure to prevent complications like pain or infection.**

You may experience some cramping during the examination, so if there is no medical reason to avoid ibuprofen or acetaminophen:

- 1. You can take up to 3 tablets of ibuprofen (200 mg strength) 30 minutes prior to the procedure with a light meal.**
- 2. Or you can take up to 2 tablets of acetaminophen 500 mg strength**
- 3. Please make sure that you eat the morning of the procedure.**

Please be sure to read the links about colposcopy and HPV infection on our website prior to your examination.