

After LEEP

It will take your cervix 3 weeks to heal.

During this time, do not:

- use tampons
- douche
- have sexual intercourse
- swim or go in a hot tub
- put anything in the vagina

When your bleeding stops, you can go back to your usual activities. **Physical activity and exercise is okay.**

What to expect:

- You may notice brownish-black vaginal discharge, some light vaginal bleeding or no discharge at all after the procedure. All of these are normal. If you have discharge it usually lasts for 2–3 weeks.

You can:

- take a mild pain reliever such as acetaminophen (Tylenol®) or ibuprofen (Advil®).
- return to work the day after the procedure.

If you have any questions, call the Colposcopy Nurse (phone numbers on back page).

Follow-Up Appointments

We will see you again in the Colposcopy clinic in **6 months**. Our clerk will mail you your appointment information.

Pap Smears

You will have a pap smear done as part of your follow-up appointment. You do not need one done by your family doctor until you are no longer getting treatment or follow-up at the Colposcopy Clinic.

Problems to Watch For



See your family doctor or primary health care provider right away for:

- vaginal discharge with a bad smell
- chills or a fever of 38.5° or higher



Go to the nearest Emergency Room (ER) if you have heavy bleeding (you are soaking 1 pad per hour)

Contact Information:

Chinook Regional Hospital
Breast and Cervical Health Program



960 19 Street S
Lethbridge, Alberta
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403-388-6324

Loop Electrosurgical Excision Procedure (LEEP)

for people having the procedure
as an **Outpatient**



Procedures, Infusions, Tests

Chinook Regional Hospital
Breast and Cervical Health Program
Lethbridge, AB



What is LEEP?

LEEP (Loop Electrosurgical Excision Procedure) uses a thin wire loop with electrical energy flowing through it to remove the abnormal cells (**dysplasia**) from the cervix. These abnormal cells are **pre-cancer** and must be treated so that they do not turn into cancer cells.

In most cases (9 out of 10 women), LEEP removes all of the abnormal cells.

Important to Know

Menstruation. This procedure **can** be done, even if you are menstruating.

Please do not cancel your appointment if you get your menstrual period.

Pregnancy. LEEP **cannot** be done if you are pregnant. Before the procedure, you will be asked to give a urine sample for a pregnancy test and the nurse will ask you for the date of your last menstrual period.



If you have an appointment for LEEP and become pregnant, call the Colposcopy clerk to let them know right away.

They will need to rebook your appointment.



Preparing for LEEP

Time off:

Arrange to take the day off for your procedure. Do not go back to work or school after LEEP.

Eating:

Have something to eat 1–2 hours before your appointment.

Medication:

To make you more comfortable, **1 hour before** your procedure take:

- 400 mg of ibuprofen (such as Advil® or Motrin®) **or**
- 1000 mg of extra-strength acetaminophen (such as Tylenol®)

Intrauterine Devices (IUD):

These contraception devices may be removed during LEEP. If your IUD is left in, the strings might be cut shorter.

Time:

Your LEEP appointment will take about 1 hour.

Where:

Chinook Regional Hospital
Breast and Cervical Health Program

Questions:

If you have any other questions or concerns, write them down and bring the list to your appointment.

Allergies

Tell your nurse if you have an allergy to freezing medication.

During LEEP

During the procedure:

1. A grounding pad is applied to your body to protect you from the electrical wire (Loop) used for LEEP.
2. An insulated speculum is put into your vagina.
3. A vinegar and/or iodine solution is put on your cervix to make the abnormal cells easier to see. This might feel cold.
4. Medication is injected to freeze (numb) your cervix so you won't feel sharp pain. The medication can cause:
 - a feeling of pressure
 - stinging or cramps in the lower abdomen
 - a funny taste in the mouth
 - shakiness
 - a faster heart beat for a few minutes
5. Abnormal tissue is removed with the Loop.
6. A yellow paste (Monsel's Paste®) may be put on the cervix to stop bleeding and help healing. This paste:
 - can cause black vaginal discharge
 - comes off in about 4 days (it will look like a small clump with mucous)