

# Laurel OB GYN

## After your Colposcopy

- You may experience slight cramping for the next 24-48 hours. You may take Ibuprofen, Tylenol or use a heating pad to help with cramps.
- You may also have slight bleeding
- If you had biopsies done, please know we use a Iron paste to stop any bleeding. You may experience a mustard/coffee ground like discharge, this may come out in small pieces or a large clump. This is not tissue. You may notice this for about a week.
- Please do not exercise for 24 hours after the procedure
- Do not douche, use tampons take a tub bath or have intercourse until the discharge has stopped. This is to allow your cervix to heal.

Please call if you develop any of the following

- Temperature greater than 101.
- Any heavy bleeding (one pad per hour or more)
- Any abdominal pain worse than cramping
- If you have any questions
- **828-253-5381**

We should have these results back with-in two weeks. We will call you as soon as your physician reviews them.