

After a Cone Biopsy

You may notice:

- Mild cramps somewhat like menstrual cramps. These may be relieved by medications such as Tylenol or ibuprofen. ✘ Do not take aspirin.
- A dark or bloody vaginal discharge that may have some odour. This may last up to 2 weeks or more.
- A few days after the cone biopsy some packing may come out of your vagina. This looks like a dark 'lump' and may be followed by a small amount of bleeding.

Call the Colposcopy Clinic at 905-521-6041 if you have:

- heavy bleeding that is off and on
- bleeding with clots
- severe cramps or pain
- fever
- vaginal discharge that has a foul odour

A doctor is available 24 hours a day through this clinic number.

Go an Emergency Department if you have:

- bright red bleeding heavier than a normal period or soaking 1 maxi-pad every hour for 3 hours

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Helping yourself heal:

- Your cervix needs 2 to 4 weeks to heal completely.
- ✘ Do not put anything into your vagina until your doctor or clinic nurse says that you can.
You can talk about this at your follow-up visit.

This means:

- ✘ No tampons
- ✘ No douching
- ✘ No sexual intercourse
- ✘ Do not take aspirin for about 3 weeks.
- Avoid strenuous exercise for 7 to 10 days.
This includes activities such as long distance running and contact sports.
- Talk to your doctor or nurse if you have questions about the activities you can and cannot do.
- Check with your doctor or nurse about going back to work.
- You may have a bath or shower.
- You need a follow-up appointment with your doctor. Call the doctor's office if you do not have an appointment.

Appointment: _____, _____ a.m. p.m.
Date Time

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