**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
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.

If you have any questions or concerns, call the Colposcopy Clinic at 905-521-6041.