

PATIENT INSTRUCTIONS FOR LEEP THERAPY

WHAT IS A LEEP?

It has been determined that a LEEP procedure will be used to treat the abnormal cells on your cervix.

It is done with a small wire loop that has an electrical current running through it and allows a larger biopsy of the cervix.

This can diagnose and treat the problem at the same time.

INSTRUCTIONS PRIOR TO LEEP THERAPY

It is important that you do not have a LEEP if you have any of the following:

1. Menstrual Cycle
2. Pregnant or suspect you may be pregnant

If so, please call the Gynecology Practice 617-732-4806.

We recommend that you take Ibuprofen, a mild pain medication. You should take 3-4 pills (600-800mg total) with food one hour prior to your appointment. Do not take this medication if you have an allergy to aspirin or Motrin. You may take 2 Extra-Strength Tylenol instead.

WHAT TO EXPECT DURING LEEP THERAPY

The procedure takes approximately 20 minutes and is done in the office. There is no preparation necessary.

Your cervix will be numbed with a local anesthetic prior to the LEEP. This anesthetic contains epinephrine, which may cause your heart to race temporarily. This feeling will pass after several minutes.

You may experience menstrual like cramping afterwards.

Please call us prior to your appointment if you have any questions or concerns.

POST-OPERATIVE LEEP INSTRUCTIONS

WHAT TO EXPECT:

- You can expect a vaginal discharge for up to 15 days after the procedure. It is usually brown or dark yellow for the first couple of days and may turn black and have a strong odor in about a week. The times of greatest discharge are in the first few days when the body is passing the Monsel's solution (medication placed on your cervix to prevent bleeding) and 7-15 days after the procedure when the scab that formed is falling off.
- You may have a slight change in your next period and then it should be normal after that.
- You may have some pelvic discomfort that is similar to menstrual cramping for which you may take ibuprofen (Motrin or Advil). Always take the ibuprofen after eating a meal or with a glass of milk. The cramping should only last for 2-4 hours after the procedure.

THINGS TO DO:

PHYSICAL ACTIVITY:

Balance exercise with rest. Walking is one of the best ways to recover after a LEEP. Light activity is okay. To decrease the risk of bleeding, avoid straining or lifting of any heavy items (for example: anything heavier than a 5 pound sugar bag, grocery bags, heavy packages, furniture) or aerobic activities for 2 weeks after the procedure. You may return to work the next day after the LEEP (most women are able to). Once you have recovered fully after the LEEP you may resume your normal aerobic activities.

WHAT TO AVOID:

1. **Avoid** anything in the vagina for 4-6 weeks after the LEEP to prevent infection and to decrease risk of bleeding. This includes intercourse, tampons and douching.
2. **Avoid** any straining, lifting of anything heavier than a 5 pound sugar bag or aerobic activity for the next 2 weeks.
3. **Avoid/Quit** smoking including second hand smoke. The metabolite from the cigarette smoke tends to collect in the cervical mucus and irritate the cervix increasing the risk of cervical dysplasia and pre-cancerous conditions. After the LEEP, you will significantly reduce your chances of another cervical abnormality from forming if you can avoid all cigarette smoke.

CALL IF YOU EXPERIENCE ANY OF THE FOLLOWING:

1. Temperature greater than 100.6° by mouth.
2. Green and/or foul smelling vaginal discharge
3. Persistent/severe abdominal or vaginal pain not relieved by the pain medication
4. Vaginal bleeding or clotting more than a pad an hour or bleeding that is more than your usual period.

NUMBERS TO CALL:

1. Monday through Friday 8:00am – 4:00pm: Call the nurse at 617-732-4806.
2. Weekdays after 4:30pm or weekends: Call the page operator at 617-732-5500 and ask for the Gynecology doctor on call beeper number 11500.

FOLLOW-UP:

We will see you within 2-3 weeks with your results and recommendations following your LEEP.