

Colposcopy Clinic

Post Procedure Advice Following Punch Biopsy

You have just had a Punch Biopsy of your cervix to remove a small sample of tissue which will be sent to the laboratory for further investigation. The following notes are to help you understand what to expect following your biopsy.

Biopsy

The biopsy will be prepared in the laboratory and examined under the microscope by a pathologist. The pathologist will give a histology report on the condition of the tissue sample.

The pathologist may report that the biopsy shows:

- No abnormality
- Slight inflammation due to Human Papilloma Virus (HPV) (wart virus infection)
- Minor changes in the cells (Cervical Intraepithelial Neoplasia (CIN) 1). This will usually get better by itself so no treatment is required apart from follow up cervical smears.
- Moderate to severe changes in the cells (CIN 2 – 3). These are pre-cancerous changes that are less likely to go away on their own. Treatment is recommended to remove them, to prevent you developing cancer in the future.

Bleeding/Discharge

You may experience some degree of bleeding or discharge over the few days following the biopsy. If the bleeding becomes heavy or the discharge becomes offensive, causes irritation or soreness, please contact us or your GP for advice.

It is recommended that you use sanitary towels (not tampons) until the bleeding or discharge stops.

Discomfort

You may have some discomfort similar to period pains for the remainder of the day; this is normal. If you require analgesia you can take some mild painkillers such as Paracetamol or Ibuprofen.

Smoking

If you are a smoker you should be aware that smoking can make the abnormal cells more likely to persist or come back if you continue to smoke. Advice on stopping smoking is available from your GP, Practice Nurse or staff in the clinic. You can contact the Norfolk Cessation of Smoking Helpline on 0800 0854113 for advice and support.

Driving

You may drive following a biopsy, as long as you feel well.

Sexual Activity

You should avoid sexual intercourse until bleeding or discharge has stopped.

Work/Exercise

You may want to rest for the remainder of the day, but if you feel well you can return to normal activities. While the discharge continues avoid swimming. You may continue to bath and shower as usual.

Travel

If you do travel within 2 weeks following your procedure remember it can be difficult to get medical attention when and abroad and may not be covered by insurance.

Results and follow –up

As soon as we receive the histology report (usually within 2-4 weeks of your appointment) we will write to you and your GP. We will let you know the results and whether treatment is required. If you have not received your results after 4 weeks, please contact our Colposcopy Specialist Nurse on 01603 286302 Monday to Thursday 8.00 am – 5.00 pm.

Who to contact for advice

If you have any questions or concerns about your treatment please feel free to contact our **Colposcopy Specialist Nurse on 01603 286302 Monday to Thursday 8.00am – 5.00pm**. At all other times please contact your GP.

Further information

<https://www.youtube.com/watch?v=2nW8khbB8gA>

We aim to provide the best care for every patient. So, we would like your feedback on the quality of the care you have received from the Hospital. Please visit: <https://www.nnuh.nhs.uk/patients-visitors/give-us-your-feedback/complete-a-survey/>

Or scan QR code:

