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After Your Colposcopy: Expectations and Instructions

1. **PAIN:** Mild menstrual-like cramping and sharp vaginal pain is normal after having a colposcopy. Take ibuprofen (Motrin) 600mg every 6 hours as needed for this pain. You may also add acetaminophen (Tylenol) 650mg every 6 hours if needed. If your pain is not controlled by these two medications, please call the office.
2. **VAGINAL BLEEDING and DISCHARGE:** You may have light vaginal bleeding and pass a few small clots for up to one week following your colposcopy. You should also expect an unusual vaginal discharge during that time, which may be white, yellow, or orange in color and have specks of black (similar to coffee grounds). If you have heavy bleeding (saturate one pad per hour for two hours in a row, or pass clots larger than the size of a tennis ball) or have a foul smell to your discharge, please call the office.
3. **ACTIVITY:** You may return to most of your normal daily activities immediately after your colposcopy, but you should not engage in strenuous exercise for 24 hours.
4. **HEALING:** To permit the cervix to heal, do not put anything in the vagina for 3 to 5 days. In other words, no sex, tampons, or douching.
5. **RESULTS:** The results from today's procedure will be available within 2 weeks. Your physician will review your pathology and discuss next steps with you by phone or at an office visit.