LEEP:
Loop
Electrosurgical
Excision
Procedure

The morning of your appointment…
• Eat before coming to the Clinic.
• Have someone with you to drive you home. They must be with you in the Clinic after your procedure is done.
• Avoid pregnancy.
• Arrive 20 minutes before your scheduled appointment.
Loop Electrosurgical Excision Procedure (LEEP)

Appointments and questions
• To confirm or reschedule a Clinic appointment, please call 902-473-6112.
• If you have any questions or concerns, please call the Clinic:
  › Clinic nurse: 902-473-4181
  › Monday-Friday, 8:30 a.m.-3:30 p.m.

If you have an EMERGENCY, visit the nearest Emergency Department or call 911.

The morning of your appointment…
• Eat before coming to the Clinic.
• Have someone with you to drive you home. They must be with you in the Clinic after your procedure is done.
• Avoid pregnancy.
• Do not drive for the rest of the day.
What is LEEP?
LEEP is used to treat abnormal cells on your cervix (lower part of the uterus). A special wire called a ‘loop’ is used to send a small electrical current to the area and remove the abnormal cells. The treatment lasts about 10 minutes. You should be able to leave 10-15 minutes after your treatment. If all of the abnormal cells are removed, then no further treatment is needed.

How should I get ready for my LEEP?
- Arrange for someone to drive you home. Your driver must stay with you or wait in the Clinic waiting room until your treatment is complete. If you do not have a ride home, your treatment may be cancelled and changed to another date.
- Eat before you come to the Clinic.
- Avoid pregnancy prior to LEEP.
How is LEEP done?

• Before your LEEP treatment begins, a medicine will be injected into your cervix to numb the area.
• A Q-tip® will be used to wet the cervix with vinegar. This will turn the abnormal cells white. The colposcopist looks at the cervix through a colposcope. The colposcope is like a large microscope that stays outside the vagina. It gives the colposcopist a better view of the abnormal cells as they are removed with the small wire loop.
• A Q-tip® will be used to place a mustard-coloured gel on the cervix to control bleeding.
What will happen after my LEEP?
You may have mild cramping for a few days. Use your usual medicine for discomfort.

- Do not have sex for 3-4 weeks after your procedure.
- Do not use tampons or menstrual cups for 3-4 weeks after your procedure. Use sanitary napkins (pads), if needed.
- Do not douche (wash or clean the inside of the vagina with water or fluids) for 3-4 weeks after your procedure.
- You may have red, brown, or black vaginal discharge that is as heavy as a period or as light as spotting. This may last for 3-4 weeks.
- Avoid heavy exercise for 2 days after your procedure.
- Do not drive for the rest of the day.

Do I need any followup care?
- You will have 1 or 2 followup visits in the Colposcopy Clinic. Your doctor will tell you how many followup visits you need.
- You will need to go to your family doctor or regular health care provider for a Pap test every year.
What are the risks of LEEP?
› infection of the cervix (rare)
› narrowing of the cervix (rare)
› heavy bleeding
› slightly higher risk of delivering a baby before it has reached full term

When should I call the Clinic?
Call the Clinic if you have any of these signs:
› fever or chills
› spotting or bleeding that lasts longer than 3-4 weeks
› stomach or pelvic pain that gets worse and does not go away
› bad-smelling vaginal discharge

When should I go to the Emergency Department?
Go to the Emergency Department if you have:
› bleeding that is heavier than a normal period that does not get lighter with rest
Notes:

Looking for more health information?
Find this pamphlet and all our patient resources here: http://library.nshealth.ca/PatientGuides
Contact your local public library for books, videos, magazines, and other resources.
For more information, go to http://library.novascotia.ca
Connect with a registered nurse in Nova Scotia any time: call 811 or visit https://811.novascotia.ca
Learn about other programs and services in your community: call 211 or visit http://ns.211.ca

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!
www.nshealth.ca

Prepared by: Colposcopy Clinic, QEII
Illustrations used with permission from: Royal Women’s Hospital © www.thewomens.org.au
Designed by: NSHA Library Services

The information in this brochure is for informational and educational purposes only.
The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider.

WP85-1383 © March 2019 Nova Scotia Health Authority
The information in this pamphlet is to be updated every 3 years or as needed.