## Patient & Family Guide

## LEEP:

<u>L</u>oop <u>E</u>lectrosurgical <u>E</u>xcision 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.

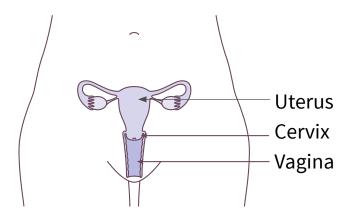
If you have an **EMERGENCY**, visit the nearest Emergency Department or call 911.

#### 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.

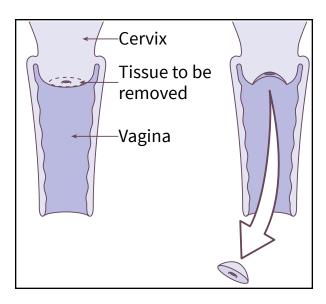


#### How should I get ready for my LEEP?

- 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

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The information in this pamphlet is to be updated every 3 years or as needed.

