

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.

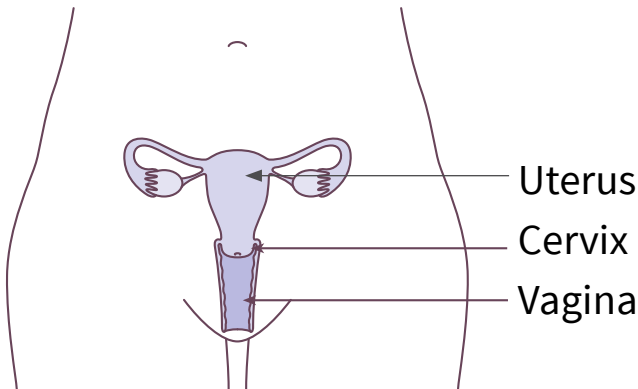
The morning of your appointment...

- **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.

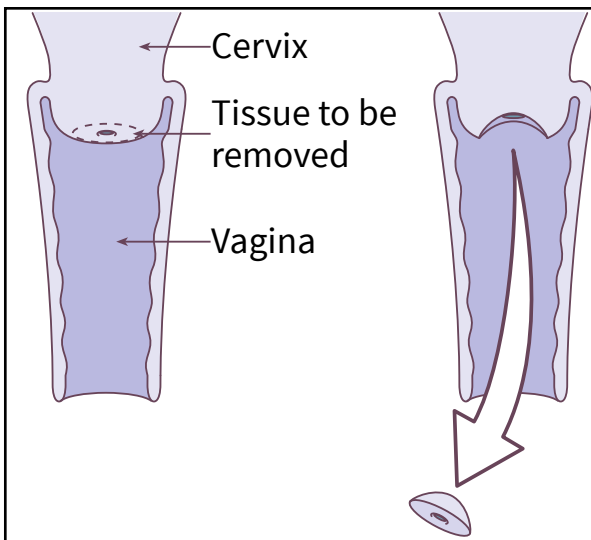


How should I get ready for my LEEP?

- 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

