

Appointments and questions

- To confirm or rebook an appointment:
 - › Phone: 902-473-6112
 - If you have any questions or concerns, please call the Clinic nurse:
 - › Phone: 902-473-4181
 - › 8:30 a.m. to 3:30 p.m., Monday to Friday
- If it is an emergency, call 911 or go to the nearest Emergency Department right away.**

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Loop Electrosurgical Excision Procedure (LEEP)

The morning of your appointment:

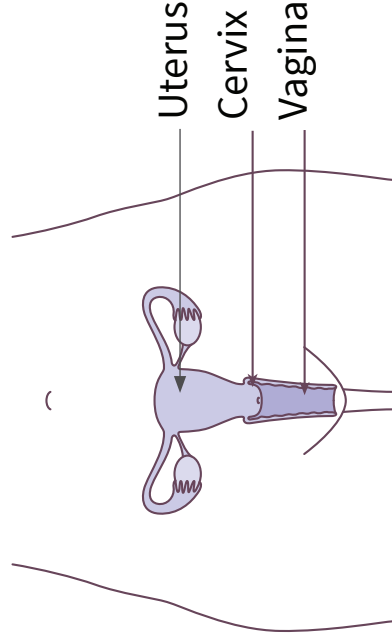
- **Eat** before you come to the Clinic.
- **Have someone with you to drive you home.** They must be with you in the Clinic after your procedure is done.
- **Do not drive** for the rest of the day.
- **Arrive 20 minutes before** your scheduled appointment.

Important: You cannot have a LEEP if you are pregnant. Use birth control (like a condom) to not get pregnant before your appointment.

Loop Electrosurgical Excision Procedure (LEEP)

What is a loop electrosurgical excision procedure (LEEP)?

- A LEEP is used to treat or remove 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. This removes the abnormal cells.
- The treatment takes about 10 minutes.
- You should be able to leave 10 to 15 minutes after your treatment. If all of the abnormal cells are removed, you will not need more treatment.



Call the Clinic if you have any of these signs:

- Fever (temperature above 38 °C or 100.4 °F) or chills
- Spotting or bleeding that lasts longer than 3 to 4 weeks
- Stomach or pelvic pain that gets worse and does not go away after 7 days (1 week)
- Vaginal discharge that smells bad, or that you can smell through your clothes
 - › Phone: 902-473-4181

Call 911 or go to the nearest Emergency Department right away if you have:

- › Bleeding that is heavier than a usual period, that does not get lighter with rest (for example, soaking a pad in 1 hour or less)

Do I need any follow-up care?

- You will have 1 or 2 follow-up visits in the Clinic. Your doctor will tell you how many follow-up visits you need.
- Once a year, you will need to see your primary health care provider (family doctor or nurse practitioner) for a Pap test.

What are the risks of a LEEP?

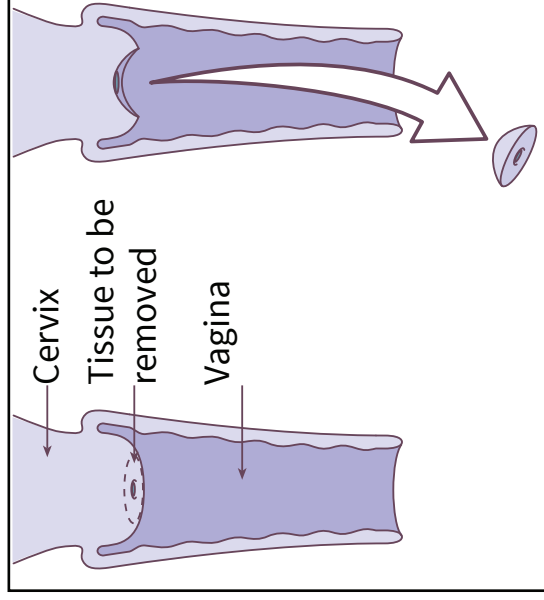
- Infection of the cervix (rare)
- Narrowing of the cervix (rare)
- Heavy bleeding (rare)
- Slightly higher risk of delivering a baby before it has reached full term
 - › If you get pregnant, please tell the health care provider responsible for your pregnancy that you have had a LEEP.

How should I get ready for my LEEP?

- Plan to take the day of your procedure off of work or school.
- Plan to have someone drive you home. **They must be with you in the Clinic after your procedure is done.** They may wait in the Clinic waiting room.
- If you do not have someone to drive you home, your treatment may be cancelled and rebooked on another date.
 - › If you have any questions about this:
 - › Phone: 902-473-4181
- Eat before you come to the Clinic.
- **You cannot have a LEEP if you are pregnant.** Use birth control (like condoms) to not get pregnant before your appointment.

How is a LEEP done?

- Before your LEEP treatment, we will inject medication into your cervix. This will numb (freeze) the area, so that you do not feel any pain.
- We will use a cotton swab (like a Q-tip®) to wet your cervix with vinegar. This will turn the abnormal cells white so the doctor can see them better.



- The doctor will place a colposcope (like a large microscope) outside your vagina. They will look through the colposcope at your cervix. This gives them a better view of the abnormal cells as they remove them with the loop.
- They will use a cotton swab to place a yellow gel called a **liquid bandage** on your cervix. This will help to control bleeding.

What will happen after my LEEP?

- Plan to take the rest of the day off of work or school.
- **Do not drive for the rest of the day.**
- Avoid heavy exercise for 2 days after your procedure.
- You may have mild cramping for a few days. Take acetaminophen (Tylenol®), ibuprofen (Advil®), or your usual pain relief medication as needed.
- Your vaginal discharge may be red, brown, or black. This can be as heavy as a period or as light as spotting. This may last for 3 to 4 weeks.

For 3 to 4 weeks after your procedure:

- **Do not** have sex.
- **Do not** use tampons or period cups. Use pads, if needed.
- **Do not** douche (wash or clean the inside of your vagina with water or fluids).