

Colposcopy

Colposcopy is a diagnostic procedure that involves examining the cervix, vagina, and vulva using a colposcope—a specialized magnifying device. This allows the gynaecologist to identify issues that may not be visible to the naked eye.

Purpose of Colposcopy

Colposcopy is performed in response to abnormal results in cervical cancer screening tests or in the presence of specific types of human papillomavirus (HPV) infection. It can also be utilized to assess various gynaecological issues, such as itching, burning, abnormal skin on the vulva, genital warts, cervicitis, benign growths, pain, and bleeding.

Procedure Details

The procedure is typically conducted in the office, preferably outside of the menstrual period. For 24 hours before the test, activities such as douching, using tampons, applying vaginal medications, and engaging in sexual intercourse should be avoided.

During the procedure:

- You lie on your back with feet raised and supported on foot rests.
- A speculum is used to separate vaginal walls for a clear view of the cervix.
- The colposcope is positioned just outside the vulva.
- A mild solution is applied to the cervix and vagina to enhance visibility.
- The ob-gyn examines the vulva, vagina, and cervix through the colposcope.

Biopsy During Colposcopy

If abnormal areas are identified, a biopsy may be performed. This involves removing a small tissue piece from the cervix, vagina, or vulva. You might feel a pinch or cramping during the biopsy. Cells from the cervical canal may also be collected using endocervical curettage.

Recovery Expectations

- Colposcopy without a biopsy generally results in immediate well-being.
- If a biopsy is performed, expect pain and discomfort for 1 or 2 days.
- Over-the-counter pain medications can help manage discomfort.
- Some vaginal bleeding and dark discharge may occur for a few days.
- Avoid vaginal activities, including sex and tampon use, for a short period.

When to Contact Us

Reach out to your doctor promptly if you experience:

- Heavy vaginal bleeding (using more than one sanitary pad per hour)
- Severe lower abdominal pain
- Fever
- Chills