



## **COLPOSCOPY PREPARATION**

As you have been informed, your last Pap smear was reported as abnormal. This means that you should have another test, a colposcopic exam, to help determine the degree of the abnormalities of cervical cells.

Colposcopy can be performed in a doctor's office without anesthesia. It causes about as much discomfort as menstrual cramps.

As a screening test, a Pap smear may not give the complete picture. With the help of an instrument called a colposcope, magnification of the cervix, vagina, and vulvar areas can be done. This magnified view may clarify abnormalities. Biopsies or tissue samples are taken if indicated, which can then help determine the cause of an abnormal Pap smear. The analysis of these biopsies significantly improves the accuracy of diagnosis and can help guide treatment and follow-up.

- **Important:** before your appointment, be sure to eat a balanced meal.
- You should not be having your menstrual period.
- You may take one or two ibuprofen or acetaminophen (Advil or Tylenol) tablets approximately 30 - 45 minutes before your examination to relieve any cramping you may experience.
- Plan to allow approximately one hour for your visit.
- If you have insurance other than the OSU Student Health Insurance Benefits Plan, please check with your insurance carrier regarding coverage prior to your colposcopy appointment.

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