

The results from your cone biopsy will be available in 3 weeks. You can phone the Colposcopy Clinic for this on phone 6310756. Depending on your results, you may require more than one follow up visit to the Colposcopy Clinic.

### **Driving and Returning to Work:**

We advise you not to drive for 24 hours after your surgery.

We recommend you don't return to work for 1 day. Please let us know if you need a medical certificate for time off work.

### **Discharge Letter**

A discharge letter is usually given to you and sent to your GP. Please tell the nurse caring for you if you do not want this to happen. If you have any problems that are not related to your surgery, please contact your GP.

### **Contact Details**

Colposcopy Clinic phone 307 4949 ext:26891 (week days 8.00am to 4.00pm).

After hours phone 307 4949 and ask for the Gynaecology Nurse of Women's Assessment Unit.

**Please ring to speak to a gynaecology nurse if you have any worries or questions about your treatment.**

The National Women's Health website  
[www.nwhealthinfo.co.nz](http://www.nwhealthinfo.co.nz)

# **Cold Knife Cone Biopsy**

## **Advice for women undergoing surgery**

Tena koutou katoa, Kia orana, Talofa lava,  
Malo e lelei, Fakaalofa lahi atu, Taloha Ni,  
Ni Sa Bula Vinaka,

Greetings and Welcome to the  
Women's Health Gynaecology Service

Auckland District Health Board  
National Women's Health

## **Cone biopsy of the Cervix under General Anaesthetic**

This brochure is for women who have been recommended to have Cold Knife Cone biopsy treatment to remove abnormal cells from their cervix. This is a method of treating the cervix, quickly and comfortably. The excised area is then sent to the laboratory for further examination.

### **Understanding the Results of the Biopsy**

Your cervical smears and biopsy will have already shown an abnormality. Abnormalities are graded in the following way.

CIN	Cervical Intraepithelial Neoplasia
CIN1	Mild
CIN11	Moderate
CIN111	Severe

### **Why is Cone Biopsy carried out?**

A cone biopsy is carried out to remove abnormal cells (unhealthy cells) from the cervix. This allows the removed abnormal cells to be examined closely under the microscope. During the procedure, the doctor is also able to see where the abnormal cells are and how extensive the area of abnormality is.

We have available a TV screen on which you can watch your examination (if you wish). Your doctor will explain what is being done and use the screen to point out areas that may require treatment.

### **How is it done?**

Your cone biopsy will be done under general anaesthetic as discussed with you by the Gynaecologist. You are unable to eat (this includes chewing gum) 6 hours before surgery, and drink water for 2 hours before surgery.

### **Cone Biopsy**

A cone shaped piece of tissue is removed using a knife. Stitches are usually placed in the cervix following this. The bleeding is stopped by the diathermy.

*Before you are discharged it is important that you:*

- Have passed urine without any difficulty.
- Tolerate fluids and food.
- Check your pad.

### **What to Expect Afterwards:**

You will need to rest before you can go home. This usually means a stay of at least 2 to 4 hours.

Discharge advice will be given to you by the nurse caring for you while you are in hospital.

All women have some vaginal bleeding/discharge afterwards. This may continue up to 3 weeks and gradually decrease to a blood stained discharge. Some women also have lower abdominal cramping in the first few days. Paracetamol can help this. This is normal. Please contact the clinic if this is an ongoing problem.

Sometimes the discharge contains black flecks of removed tissue and may be strong smelling. This is part of the normal healing process and may last up to three weeks. Your next period may be earlier or later than expected and could be heavier than usual.

### **To avoid Infection of your healing Cervix we recommend:**

- No sexual intercourse for 3 weeks.
- Use pads, not tampons for 3 weeks.
- Shower instead of bathing for 3 weeks.
- No swimming for 3 weeks.
- Not using a spa pool for 3 weeks.
- Avoiding heavy lifting and strenuous activity for at least 3 weeks (i.e. jogging, aerobics).
- Taking life quietly for a couple of days.

### **Contact the Colposcopy clinic or the Womens Assessment Unit (WAU) at National Women's, straight away:**

- if you develop flu like symptoms.
- get a temperature over 38°C.
- have pain or difficulty passing urine.
- bright red bleeding, bleeding becomes heavy and you pass clots.

### **Follow Up Care:**

You will be given an appointment for a follow up smear and colposcopy in 4 months at the Colposcopy Clinic.