

Discharge Letter

You will be given a discharge letter. A copy is sent to your GP and/or referring nurse. Your results are also sent to the National Cervical Screening Program register (please let us know if you have opted out of this).

Driving and returning to work

Do not drive for 24 hours after your surgery. You will need 1-2 days off work. If you have a particularly physical occupation, you may need to take additional time off. Please let us know if you need a medical certificate.

Results and follow-up

The results from your cone biopsy will be available in 4 weeks.

Your surgeon will contact you with the result when it is available and to tell when it would be good to have your next cervical screening test. Depending on your results, you may need another visit to our Colposcopy Clinic.

Contact

Colposcopy Clinic

307 4949 ext 26891 (week days 8.00 - 4.00pm)

After Hours: Womens Assessment Unit (WAU)

307 4949 and ask for the Gynaecology Nurse in the Womens Assessment Unit.

Please ring to speak to a gynaecology nurse if you have any worries or questions about your treatment. They can advise whether you would be best to go to National Women's (at Auckland City Hospital) or whether you should see your GP.

Contact the colposcopy clinic or the Womens Assessment Unit (WAU) as soon as possible if you have:

- Heavy bleeding with clots (e.g.: Changing a soaked pad every 2 hours or less)
- Feeling feverish, especially with temperature over 38°C
- Increasing lower abdominal pain
- Difficulty passing urine
- Very smelly vaginal discharge.

Te Whatu Ora

Health New Zealand

Te Toka Tumai Auckland

Classification number: WH104 (Reviewed March 2021)

National Women's Information Unit hiws@adhb.govt.nz

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Health New Zealand

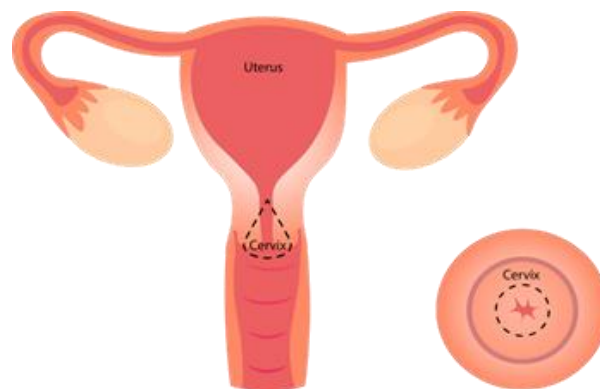
Cone Biopsy

Cone Biopsy

A cone biopsy is a small operation to remove abnormal cells that could grow into cancer. Sometimes, very early cancers of the cervix are also treated with a cone biopsy. The tissue that is removed is sent to the lab to be tested.

What to expect

- Your cone biopsy is usually done under general anaesthetic. This means you will be in a sleep-like state. Because of this, you will need to:
 - stop eating for 6 hours before surgery (this includes chewing gum)
 - Stop drinking for 6 hours before surgery. However, you can continue to drink water up to 2 hours before surgery.
- A cone-shaped piece of tissue is removed from the cervix
- Dissolving stitches are often placed in the cervix to help control any bleeding
- Most people can go home later the same day, about 2 hours after their procedure.



Cone biopsy cut

Vaginal packs

Sometimes a vaginal pack (a thin gauze bandage) is left in the vagina at the end of the operation, to put pressure on an area of bleeding.

If a vaginal pack is needed, you will have a catheter placed in your bladder. A catheter is a thin tube put into your urethra to drain urine. An overnight hospital stay will be required. Usually, both the pack and catheter are removed the next morning.

After the operation

- Most people are comfortable, but some may have a small amount of pain. Pain relief like paracetamol or ibuprofen should be enough for any pain.
- There will be some light vaginal bleeding afterwards. This may continue up to 3 weeks and it will gradually decrease to a blood-stained discharge.
- Sometimes the discharge contains black flecks and may have a slightly stronger odour. This is normal. Your next period may be earlier or later than expected and could be heavier than usual.

To avoid infection, for three weeks after the procedure:

- No sexual intercourse
- Use pads only: do not use tampons or a menstrual cup
- Shower every day (rather than having a bath)
- No swimming, including in spa pools
- Avoiding heavy lifting and strenuous activity (to reduce the risk of heavy bleeding)