

# Colposcopy

A colposcopy is a test done to check your vagina and cervix for abnormal cells. You may have a colposcopy if a pap smear shows cells that look abnormal. The doctor uses a magnifying scope to check for abnormal tissue of the vagina and cervix. A small tissue sample, called a biopsy, may be removed to be checked in the lab.

**Arrive on time for your test.** The test takes about 15-20 minutes. Plan to be here about 2 hours.

## **During the Test**

- You may wear a hospital gown.
- You are helped onto the exam table. Lie down on your back and put your feet in the stirrups.
- The cervix is covered with a weak vinegar solution. This makes the abnormal cells show up.
- The doctor checks your vagina and cervix for abnormal cells.
- If your doctor wants to take tissue samples from the vagina, you will feel some pain or strong cramps. This will go away in about 1 minute.
- Any bleeding is stopped with pressure and a chemical solution.

Your doctor or nurse will contact you in about 2 weeks with your test results and to discuss treatment if needed.

# **Baaridda Unugyada Hoosta haweeneyda (Colposcopy)**

Colposcopy waa baaritaan la sameeyo si loo hubiyo unugyada aan caadiga ahayn ee siilkaaga iyo afka ilmo galeenka. Waxaa laga yaabaa in colposcopy lagu marsiiyo haddii baaritaanka dheeha la isku eego uu muujiyo unugyo aan caadi ahayn. Takhtarku wuxuu isticmaalayaa aalad weyneyso ah si uu u hubiyo unug aan caadi ahayn ee siilka iyo afka ilmo galeenka. Sambal unug oo yar, oo loo yaqaanno unugyo soo qaadid (biopsy), ayaa laga yaabaa in lagaa soo saaro si shaybaarka loogu soo hubiyo.

**Baaritaankaaga waqtiga ugu imow.** Baaritaanku wuxuu qaadanayaa ilaa 15-20 daqiiqadood. Qorsheyso in aan halkaan joogi doonto ilaa 2 saacadood.

## **Muddada Baaritaanku socdo**

- Waxaa laga yaabaa in aad xidhato goonnada isbitaalka.
- Waxaa lagu caawin doonaa in aad fuusho miiska baaritaanka. Dhabarka u seexo ka dibna lugaha saaro xarkaha soo lusha ee kala qaadaya.
- Afka ilmo galeenka ayaa waxaa lagu daboolayaa milan khal oo khafiif ah. Taasi waxay unugyada aan caadiga ahayn ka dhigeysaa kuwo soo baxa.
- Takhtarku wuxuu unugyo aan caadi ahayn ka hubinayaa siilkaaga iyo afka ilmo galeenka.
- Haddii takhtarkaagu uu doonayo in uu sambal unug ka qaado siilkaaga, waxaad dareemi doontaa xoogaa xanuun ah ama casiraad xooggan. Taasi waxay kaaga baabi' doontaa ilaa 1 daqiiqo.
- Wixii dhiig bax ah waxaa lagu joojinayaa cadaadis iyo milan kiimiko ah.

Takhtarkaaga ama kalkaalisadu waxay kugula soo xiriiri doonaan ilaa 2 toddobaad si ay kuugu sheegaan natiijada baaritaanka iyo in ay kaala hadlaan daaweynta haddii loo baahan yahay.

## **Your Care at Home**

- Do not have sexual intercourse, use tampons or douche for 24 hours.
- If you had a biopsy, you may have a small amount of bloody vaginal discharge for a day. You may wear a pad.
- You may take a shower. Do not take a tub bath for 3 days. This increases your chance for infection.

Call your doctor **right away** if you have:

- A large amount of bleeding where you soak a pad in an hour
- Severe abdominal cramps or pain
- Chills or fever of 101 degrees F or 38 degrees C
- Vaginal discharge that has an strange odor

**Talk to your doctor or nurse if you have any questions or concerns.**

## **Daryeelka marka aad Guriga joogto**

- Galmo ha sameynin, isticmaal suufka dhiigga ama saliingaha hoosta loo isticmaalo ilaa 24 saacadood.
- Haddii unugyo lagaa soo qaaday, waxaa laga yaabaa in dhiig yar ka yimaado siilka maalin dhan. Waxaad xidhataa suuf.
- Waad maydhan kartaa. Tubbo biyo xooggan ha ku qubeysan ilaa 3 maalmood. Tani waxay kordhin kartaa fursadda in aad jeermis qaaddo.

## **Isla markiiba takhtarkaaga wac haddii aad isku aragto:**

- Dhiig bax fara badan halkaasoo aad suufka saacad ku qoyneyso
- Casiraad ama xanuun daran ee uur ku jirta
- Qar-qaryo ama qandho ah 101 darajo oo F ah ama 38 darajo oo C ah
- Dheecaan siilka ka imaanaya oo si xun u uraya

**La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.**