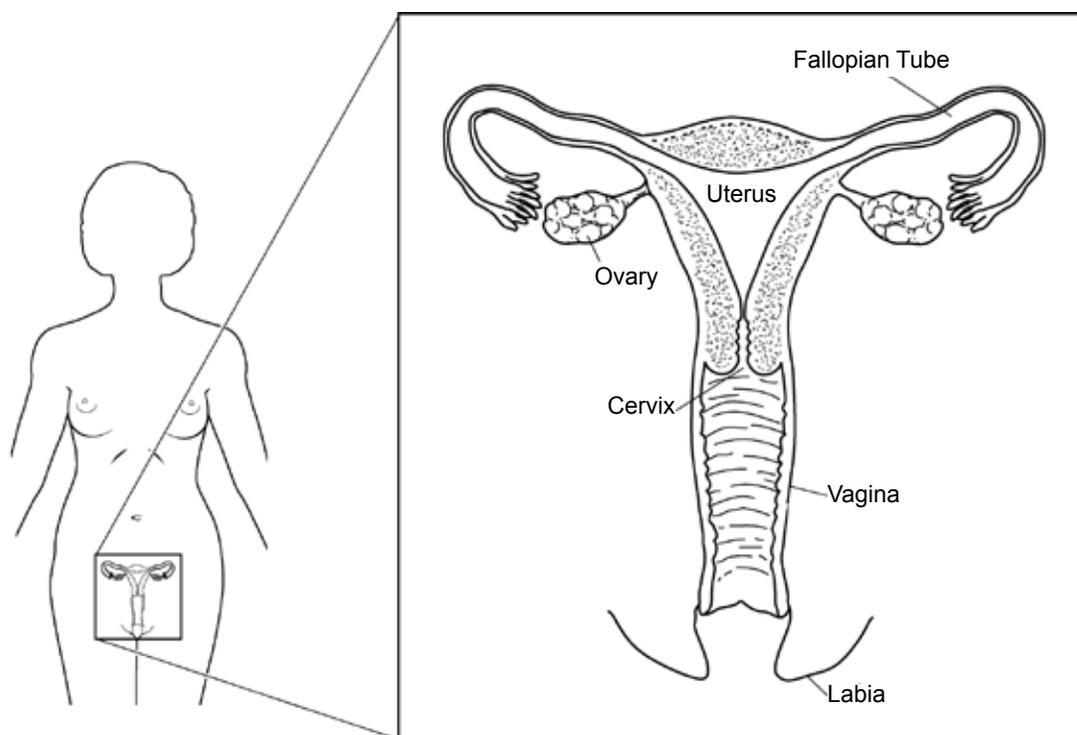


# Colposcopy

A colposcopy is a test done to check your vagina and cervix for cells that are not normal. You may have a colposcopy if a pap smear shows cells that need to be checked further. The doctor uses a magnifying scope to check the 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 to 20 minutes. Plan to be here about 2 hours.



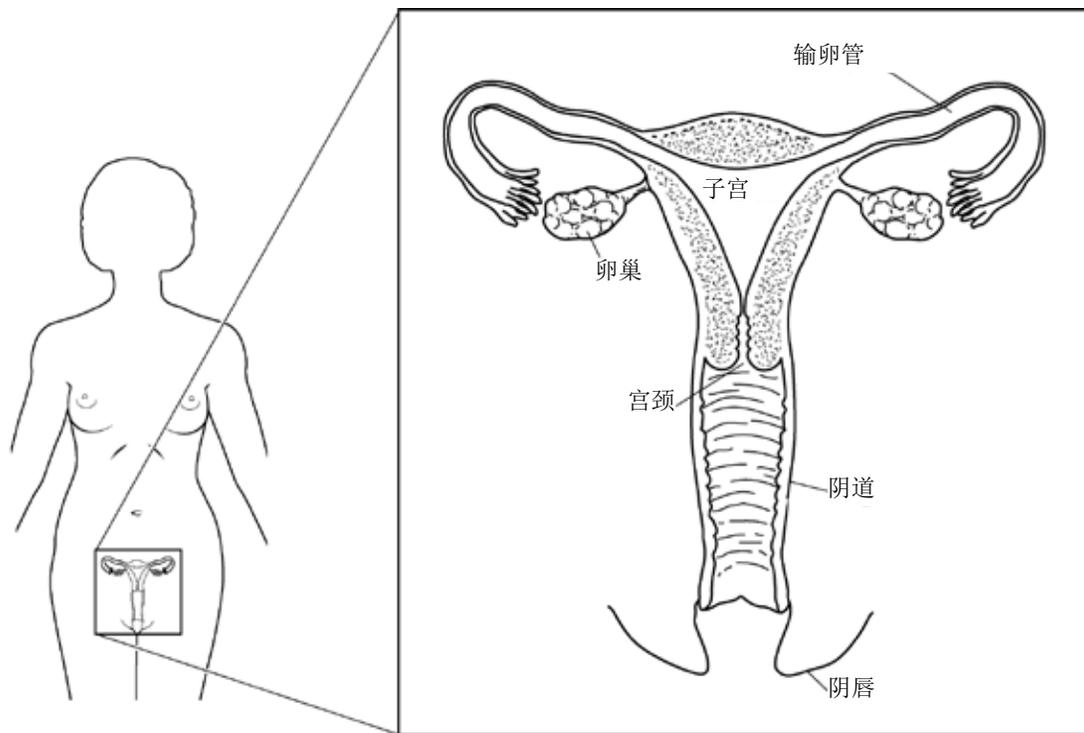
## To Prepare

- Do not schedule your test during your menstrual period if possible.
- Do not have vaginal intercourse, use tampons or douche 1 to 2 days before your test.

# 阴道镜检查

阴道镜检查是查看您的阴道和子宫颈是否有不正常细胞的测试。如果您的子宫颈抹片显示存在需要进一步检查的细胞，您可能需要做阴道镜检查。医生使用一个放大窥镜检查阴道和子宫颈有不正常组织。可能将取出一个小的组织样品，这称为活检，此组织将进行化验室检查。

请准时到达以做检查。测试约需15至20分钟。请计划在此呆上约2个小时。



## 准备工作

- 预约检查日期时，尽可能避开月经期。
- 检查前1至2天切勿进行阴道性交、使用月经棉条或进行阴道灌洗。

- Take an ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) tablet before going to your appointment. Do not use ibuprofen if you are pregnant.

### **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.
- A metal speculum is placed in your vagina to hold the walls of your vagina open. This helps your doctor to see your cervix.
- Your cervix may be covered with a weak vinegar solution to make the cells that are not normal show up. This may tingle or sting.
- The doctor checks your vagina and cervix for cells that are not normal.
- If your doctor wants to take tissue samples from the cervix, 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 Care at Home**

- Stay quiet and rest for 24 hours.
- Take ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) every 4 hours, if needed, for cramping or pain. Do not use ibuprofen if you are pregnant.
- If you had a biopsy, you may have a small amount of bloody vaginal discharge for a day. You may wear a pad.
- **Do not** have sexual intercourse, use tampons or douche until bleeding stops.
- You may take a shower. Do not take a tub bath for 3 days. This increases your chance for infection.

- 动身前往检查前，服用一片布洛芬（Advil, Motrin）或乙酰氨基酚（Tylenol）。孕妇切勿服用布洛芬。

## 测试时

- 您可能要穿医院的袍子。
- 有人将帮您上检查台。请平躺并将双脚放入脚蹬。
- 在阴道内放入金属的扩张器，以撑开阴道壁。这有助于医生查看子宫颈。
- 可能会在子宫颈将涂上弱酸性的醋酸溶液，以显示不正常的细胞。可能会有刺痛感。
- 医生检查您的阴道和子宫颈是否有不正常的细胞。
- 如果您的医生要从子宫颈取组织样品，您将感到一些疼痛或强烈的痉挛。大约1分钟感觉就会消失。
- 任何出血都可用压力和化学溶液止住。

## 家中的护理

- 静卧休息24小时。
- 必要时，每小时服用一次布洛芬（Advil, Motrin）或乙酰氨基酚（Tylenol），以缓解痉挛或疼痛。孕妇切勿服用布洛芬。
- 如做了活检，一天内可能会有少量带血的阴道排出物。您可能要垫一张月经垫。
- 止血前切勿性交、用月经棉条或进行阴道灌洗。
- 您可冲淋浴。请3天不要洗盆浴。这会增大感染的机会。

## **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 100.4 degrees F or 38 degrees C
- Vaginal discharge that has a strange odor

## **Follow Up**

A follow up visit will be scheduled for you. At this appointment, your doctor will talk to you about your test results and discuss treatment if needed.

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

如有以下情形，请立刻打电话给您的医生：

- 大量出血，以致一小时便浸透一张月经垫
- 严重的腹部痉挛或疼痛
- 发寒或华氏100.4度或摄氏38度的发烧
- 阴道排出物有怪味

## 随诊

会为您安排一次随诊。随诊时，医生会告诉您检查结果，并在必要时讨论治疗方案。

若有任何问题或关注事宜，请告知您的医生或护士。

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Colposcopy. Simplified Chinese.