

Kolposkopi

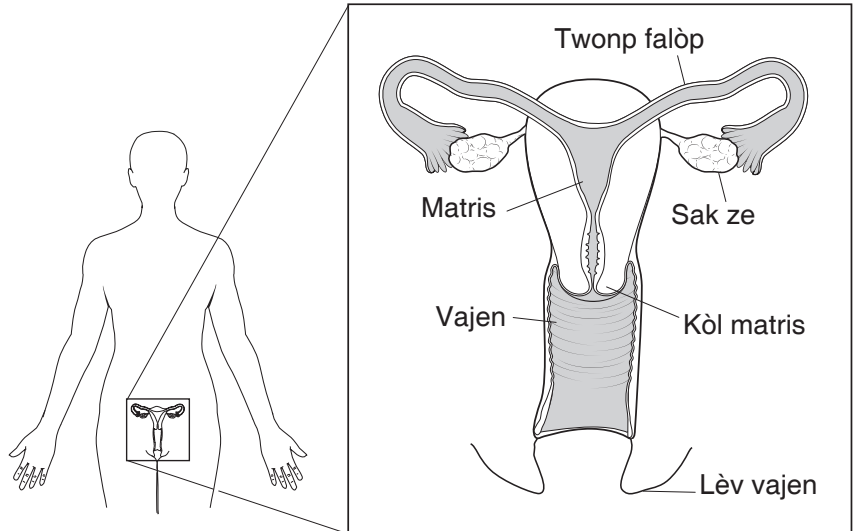


THE OHIO STATE
UNIVERSITY
WEXNER MEDICAL CENTER

Konsènan kolposkopi

Yon kolposkopi se lè doktè a gade kòl matris ou pi pre ak yon aparèy ki fè li wè pi byen. Kòl matris la se ouvèti iteris (matris) la epi li sitiye nan tèt vajen an.

Yo fè kolposkopi anjeneral lè rezilta Pap ou pa t nòmal, pou doktè a ka gade kòl matris ou pi byen. Pafwa, yo fè kolposkopi pou lòt rezon, tankou pou yo ka gade pi pre vajen an oswa vov la.



Kouman pou mwen prepare?

- Pa fè lanmou, sèvi ak krèm nan ni nan vajen an, oubyen douch pandan 2 jou anvan pwosedi a.
- Pa fè sèks, pa mete krèm andedan oswa bò vajen an, epi pa fè douch pandan 2 jou avan pwosedi a. Men kèk ou ka chwazi: Ibipwofèn (Advil, Motrin) ak asetaminofèn (Tylenol). Pa sèvi ak ibipwofèn si ou ansent.
- **Rele founisè swen sante ou pou chanje randevou a si w gen règ.**

Ki risk ki genyen?

Kolposkopi se yon pwosedi ki trè san danje. Gen yon risk trè ra pou ou fè enfeksyon oswa gen senyen lou si yo pran yon ti moso tisi Founisè swen sante ou ap revize risk sa yo avèk ou anvan pwosedi a.

Kijan yo fè yon kolposkopi?

- Kolposkopi fèt nan biwo doktè a oswa nan klinik la. Pwosedi a li menm pran anviwon 15 minit. Fè plan pou ou rete nan biwo a anviwon 2 èdtan.
- Ou pral ale nan twalèt la pou vide blad ou epi ranmase pipi pou fè yon tès gwosès.
- Yo pral mande w pou w dezabiye koumanse nan ren ou pou desann pi ba epi yo pral kouvri w ak yon fèy papyè.
- Yo pral mande w pou w kouche sou tab egzamen an epi mete pye ou nan sipò ki nan pwent tab la, yo rele l etriye. Kite jenou ou tonbe nan chak bò yo. Respire dousman epi rale anpil souf pou w ka detann misk yo ki ozalantou vajen ou pandan egzamen an.
- Yo pral mete yon zouti ki gen fòm bek kann, yo rele l yon espekilòm, nan vajen ou, pou doktè a ka gade andedan vajen an, menm jan yo fè l lè w ap fè yon tès Pap.

- Yo mete yon solisyon vinèg sou kòl matris la pou doktè a ka wè selil ki pa nòmal yo pi fasil.
- Doktè a pral gade kòl matris ou ak yon gwo loup yo rele yon kolposkop, ki sanble ak yon binokilè sou yon pye. Li pa ale andedan ou.
- Doktè a ka pran yon ti bout tisi nan kòl matris la. Yo rele sa yon byopsi. Sa pase vit epi li ka fè ou santi w tankou ou gen yon kranp oswa yo zongle w. Yo pral voye tisi sa a nan laboratwa a pou fè etid apwofondi.
- Lè sa a, yo ka pran yon ti moso tisi andedan kòl matris ou ak yon ti zouti espesyal. Yo fè tès sa a pou yo ka tcheke andedan kòl matris ou, paske ou pa ka wè sa ak kolposkop la. Sa ka lakòz kèk segond kranp. Yo pral voye tisi sa a tou nan laboratwa a pou yo ka egzamine l pi byen.
- Doktè a ka mete yon solisyon sou kòl matris la pou ede fè senyen an sispann.

Kijan pou mwen pran swen tèt mwen lakay mwen?

Sa ou dwe fè

- Ou ka reprann aktivite nòmal ou ak jan ou abitye manje touswit.
- Ou ka pran acetaminophen (Tylenol) oswa ibipwofèn (Advil, Motrin), oswa yon lòt medikaman kont doulè si w bezwen l. Pran li jan sa make sou boutèy la. Pa sèvi ak ibipwofèn si ou ansent.
- Si ou te fè yon byopsi, ou ka gen yon egzeyasyon ki koulè wouj, mawon oswa ki sanble ak tè kafe pandan kèk jou. Ou ka mete yon pad (oswa yon sèvyèt ijyenik) pou sa.
- Ou mèt fè twalèt ou.

Sa ou pa dwe fè

- Pa benyen nan basen oswa naje pandan 2 jou. Sa ka ogmante risk pou ou fè enfeksyon.
- Pa janm douche.
- Pa fè lanmou ni mete tanpon jiskaske senyen an kanpe.

Kilè mwen dwe tounen al wè doktè a ankò?

- Yo pral pwograme yon vizit swivi pou ou.
- Si ou gen nenpòt kesyon, rele biwo a oswa klinik la.

Kontakte founisè swen sante ou si ou genyen:

- Anpil senyen kote ou ranpli yon pad chak inèdtan pandan 2 èdtan youn apre lòt.
- Gwo lakranp oswa doulè fò nan vant.
- Frison oswa lafyèv ki rive 100.4 degre Farenay (38 degre Sèlsiyis) oswa pi wo.

Dokiman sa a fèt pou bay enfòmasyon sèlman. Pale ak founisè swen sante ou a si w gen nenpòt kesyon sou swen ou.

Pou plis enfòmasyon sou sante, ale sou wexnermedical.osu.edu/patiented oswa kontakte Bibliyotèk pou Enfòmasyon sou Sante a nan 614-293-3707 oswa health-info@osu.edu.

Colposcopy

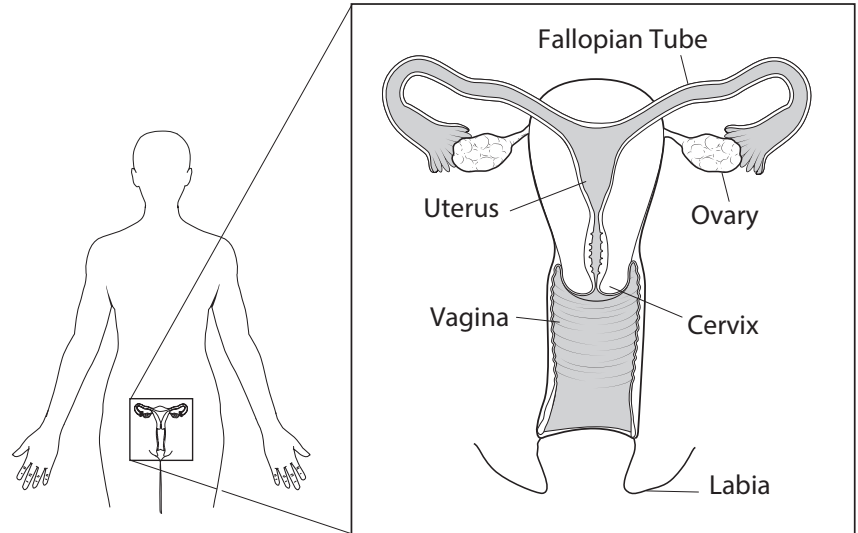


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About colposcopy

A colposcopy is a close look or magnified view of the cervix. The cervix is the opening of the uterus (womb) and is located at the top of the vagina.

Colposcopy is usually done to evaluate the cervix if you have had an abnormal Pap smear. Sometimes colposcopy is done for other reasons, such as to take a closer look at the vulva or vagina.



How do I prepare?

- Do not have sex, use creams in or around the vagina, or douche for 2 days before the procedure.
- You may wish to take an over the counter pain medicine 1 to 2 hours before the procedure. Ibuprofen (Advil, Motrin) and acetaminophen (Tylenol) are options. Do not use ibuprofen if you are pregnant.
- **Call your healthcare provider to reschedule if you are having your period.**

What are the risks?

Colposcopy is a very safe procedure. There is a very rare risk of infection or heavy bleeding if a sample of tissue is taken. Your healthcare provider will review these risks with you before the procedure.

How is a colposcopy done?

- Colposcopy is done in the doctor's office or clinic. The actual procedure takes about 15 minutes. Plan to be at the office for about 2 hours.
- You will go to the bathroom to empty your bladder before the test and to collect urine for a pregnancy test.
- You will be asked to undress from your waist down and will have a paper sheet to cover you.
- You will be asked to lie down on the exam table and place your feet in holders at the end of the table, called stirrups. Let your knees fall to the sides. Take slow, deep breaths to relax the muscles around your vagina during the exam.
- A duck-bill shaped tool, called a speculum, will be placed into your vagina to allow your healthcare provider to see inside your vagina, similar to when you have a Pap test.

- A vinegar solution is applied to the cervix to make abnormal cells easier to see.
- Your healthcare provider will look at your cervix with a big magnifying glass, called a colposcope, which looks like a pair of binoculars on a stand. It does not go inside of you.
- Your healthcare provider may take a small sample of tissue, called a biopsy, from the cervix. This is very quick and feels like a cramp or pinch. This tissue will be sent to the lab for closer study.
- You may then have a sample of tissue taken with a special instrument from the inside of your cervix. This is done to check the inside of your cervix, which cannot be seen with the colposcope. This also can cause a few seconds of cramping. This tissue will also be sent to the lab for closer study.
- Your healthcare provider may apply a solution on the cervix to help stop bleeding.

How do I take care of myself at home?

Do's

- You can go back to your normal routine and regular diet right away.
- Take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) or similar medicine if needed for pain. Take as directed on the bottle. Do not use ibuprofen if you are pregnant.
- If you have had a biopsy, you may have a red, brown, or coffee ground like discharge for a few days. You may wear a pad for this.
- You may take a shower.

Don'ts

- Do not take a tub bath or swim for 2 days. This increases your chance for infection.
- Never douche.
- Do not have sex (intercourse) or use tampons until the bleeding stops.

When do I see my healthcare provider again?

- A follow up visit will be scheduled for you.
- If you have any questions, call the office or clinic.

Contact your healthcare provider if you have:

- A lot of bleeding where you soak a pad in an hour for 2 hours in a row.
- Severe abdominal cramps or pain.
- Chills or fever of 100.4 degrees Fahrenheit (38 degrees Celsius) or higher.

This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.