

# Colposcopy



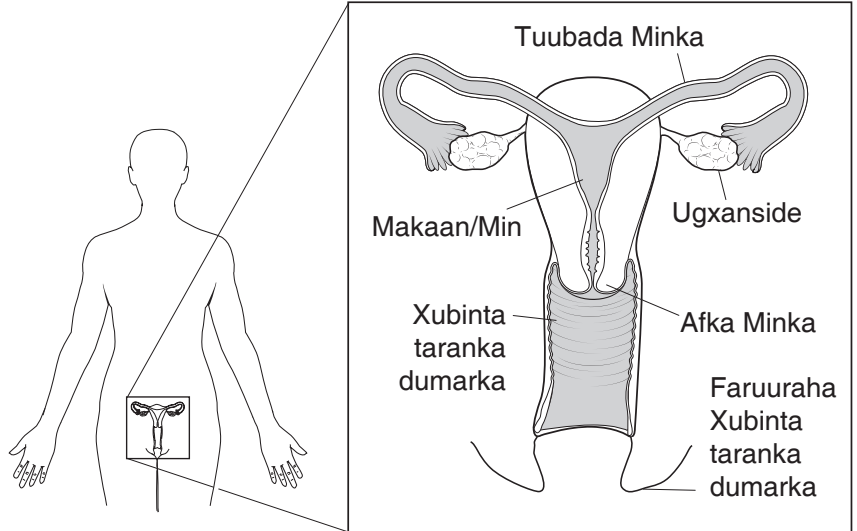
THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

## Ku saabsan colposcopy

Colposcopy waa eegitaan dhaw ama aragti soo dhawaysasho oo ku aaddan afka minka waxaa waa qaybta hore ee makaanka/ minka (ilmo galeenka) wuxuuna kuyaala qaybta kore ee xubinta taranka dumarka.

Colposcopy waxaa badanaa loo sameeyaa si loo qiimeeyo afka ilmogaleenka haddii aad qabtay waxyaabo aan caadi ahayn. Mararka qaarkood colposcopy waxaa loo sameeyaa sababo kale, sida in si dhaw loo eego siilka ama farjiga.



## Sideen ugu diyaar garoobayaa?

- Ha sameynin galmo, ha u isticmaalin kareemyo gudaha ama agagaarka farjiga, ama shaambo haku dhaqin siilka 2 maalmood ka hor inta aan la sameynin.
- Waxaa laga yaabaa inaad rabto inaad qaadato daawada ka hortagga xanuunka ah 1-2 saacadood ka hor intaan la sameyn. Ibuprofen (Advil, Motrin) iyo acetaminophen (Tylenol) ayaa ah dookhyada aad cuni karto. Ha isticmaalin ibuprofen haddii aad uur leedahay.
- **Wac adeeg bixiyahaaga daryeelka caafimaadka si aad u dib-u-qabsato wakhtigan haddii ad ku jirto mudadaada.**

## Khatartu waa maxay?

Colposcopy waa nidaam aad u ammaan ah. Waxaa jira khatar aad u naadir ah oo infekshanku dhaco ama dhiigbax culus haddii tijaabo nude ah la qaato. Bixiyahaaga daryeelka caafimaad ayaa dib kuula eegi doona khatarahan adiga la ka hor inta aan la samaynin nidaamka.

## Sidee loo sameeyaa colposcopy?

- Colposcopy waxaa lagu sameeyaa xafiiska dhakhtarka ama rugta. Nidaamka dhabta ahi wuxuu qaadanayaa 15 daqiiqo. Waxaa la qorsheeyaa in aad xafiiska joogo ilaa 2 saacadood.
- Waxaad aadeysaa musqusha si aad kaadiheysta u faarujiso baaritaanka ka hor iyo in aad kaadida isaga soo qaado baaritaan uur awgeed.
- Waxaa lagaa codsan doonaa inaad dharka ka bixisid qaybta jirkaaga hoose waxaana lagu siin doonaa warqad xaashi ah si aad isku daboosho.
- Waxaa lagaa codsan doonaa inaad ku seexatid miiska baaritaanka aadna lugahaaga gelisid labada gees ee miiska, oo loo yaqaan lugo geliska. U ogolow jilbahaaga inay taabtaan geesaha. Qaado neef degan, oo hoose si aad u dejiso murqaha xubintaada taranka inta lagu jiro baaritaanka.
- Qalab u qaabeysan afka-shimbirta ookale, oo loo yaqaano speculum, ayaa la gelin doonaa farjigaaga si loogu ogolaado bixiyahaaga daryeelka caafimaadka in uu ka dhex arko farjigaaga, isla markaana la mid ah marka aad qaadaneyso baaritaanka pap-ta.

- Waxaa la mariyaa xal khal ah in la mariyo dhug yeeshaha si unugyada aan caadiga ahayn ay u sahlanaato in la arko.
- Bixiyahaaga daryeelka caafimaad waxa uu dhugmada ku eegi doonaa muraayad weyn oo waynaynaysa, oo loo yaqaan colposcope (colposcope), kaas oo u eg laba nooc oo biniikola ah ee miis saaran. Ma gelayso gudahaaga.
- Bixiyahaaga daryeelka caafimaad waxa laga yaabaa inuu qaado muunad yar oo nude ah oo la yiraahdo biopsy, oo ah unugyada ilmogaleenka. Tani waa mid aad dhakhso u ah una dareenta sida jiraggo' ama qanjadhuufo. Nudahan waxaa loo diri doonaa shaybaar si qaab qoto dheer baaritaan loogu sameeyo.
- Waxaa laga yaabaa in markaa kadib lagaa yaabo in lagaa qaado muunad nude ah oo lagu qaado qalab gaar ah oo laga soo qaatay gudaha afka-ilmagaleenka. Tan waxaa loo sameeyaa si loo hubiyo gudaha afka-ilmagaleenka oo aan lagu arki karin colposcope. Tani waxay sidoo kale keeni kartaa dhowr ilbiriqsi oo jiraggo' ah. Nudahan waxaa kale oo loo diri doonaa shaybaarka si daraasad dhow loo sameeyo.
- Daryeel bixiyahaaga caafimaad ayaa laga yaabaa inuu u adeegsado xalka afka ilmogaleenka si uu gacan uga geysto joojinta dhiigbaxa.

## Sideen ku daryeeli kartaa nafteyda guriga?

### Waxa la sameeyo

- Isla markiiba waad ku laaban kartaa caadadii caadiga aheyd iyo cuntada joogtada ah.
- Qaado acetaminophen (Tylenol) ama ibuprofen (Advil, Motrin) ama dawo la mid ah haddii loogu baahdo xanuun. U qaado sida lagu faray dhalada. Ha isticmaalin ibuprofen haddii aad uur leedahay.
- Haddii aad qaadatay bayopsy, waxaa laga yaabaa in aad yeelato dheecaan casaan ah, mid bunnii ah, ama kafee ah dhowr maalmood. Waxaa laga yaabaa in aad midan suuf u xirato.
- Waad mayran kartaa.

### Waxaan la sameyn

- Ha ku qubeysin baaf ama ha dabaalan muddo 2 maalmood ah. Tani waxay kordhinaysaa fursadda aad u leedahay infekshanka.
- Marna siilka shaambo haku dhaqin.
- Ha sameyn galmo (wasmo) ama ha isticmaalin tanaboonada illaa uu dhiigga ka joogsado.

## Goorma ayaan mar kale arkaa daryeelahayga caafimaadka?

- Waxaa lagu qaban doonaa balan booqasho oo dabagal ah.
- Haddii aad wax su'aalo ah qabtid, wac xafiiska ama xarunta caafimaadka.

## La xiriir daryeel bixiyahaaga caafimaad haddii aad leedahay:

- Dhiig-bax badan oo saacad gudahood aad ku qoynayso suuf saacad gudahood ilaa 2 saacadood oo isku xigta.
- Jiraggo caloosha oo aad u daran ama xanuun
- Qarqaryo ama qandhada 100.4 digriis Fahrenheit (38 degrees Celsius) ama ka sareeya.

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### Qoraalkan waxa loogu talagalay ujeedooyin macluumaad oo keliya. Kala hadal dhakhtarkaaga haddii aad wax su'aalo ah ka qabto daryeelkaaga.

Wixii macluumaad dheeraad ah ee caafimaadka kusaabsan, tag [wexnermedical.osu.edu/patiented](http://wexnermedical.osu.edu/patiented) ama kala xidhiidh Maktabadda Macluumaadka Caafimaadka 614-293-3707 ama [health-info@osu.edu](mailto:health-info@osu.edu).

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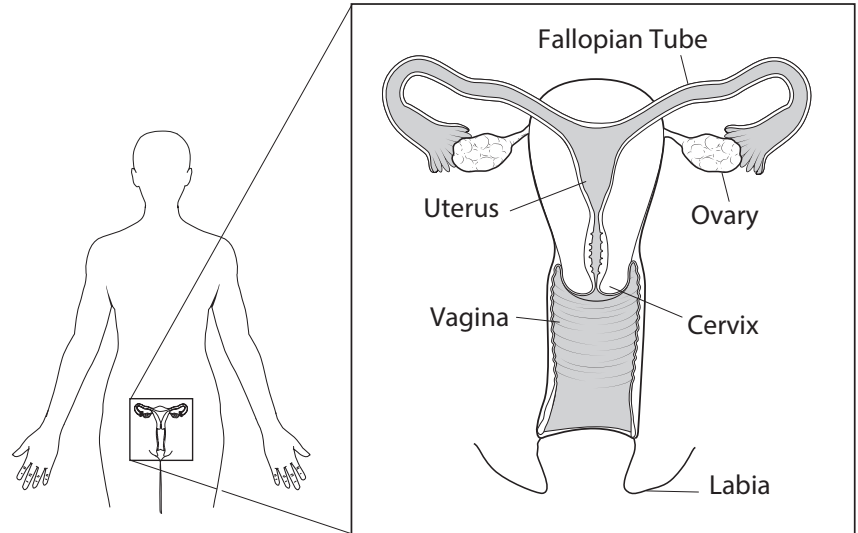


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## About colposcopy

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.

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**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](http://wexnermedical.osu.edu/patiented) or contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).