

Procedures

Colposcopy A colposcopy is an office procedure that is recommended when you have an abnormal Pap smear. This procedure should be done when you are not experiencing your menstrual period so that your cervix can be fully visualized. After placing a speculum in your vagina, a magnifying scope is used to look at your cervix for signs of abnormal cells. Biopsies are performed to sample the abnormally appearing areas. You may experience mild cramping and discomfort. Bleeding also occurs from the biopsy sites, which is controlled with a medicine called Monsel's solution. You can expect a "coffee-ground" like vaginal discharge for 5-7 days after the colposcopy. It is okay to use liners or pads as needed. The results of the biopsies are available 7-10 days after the procedure. You will receive specific follow up instructions once your health care provider has reviewed the biopsy results. Please call the office if you have not received results of follow up instructions in two weeks.

LEEP (Loop electrode excision procedure)

Endometrial Biopsy

An endometrial biopsy is an office procedure in which a sample of the lining of your uterus is collected. This procedure is usually recommended to diagnose the cause of abnormal uterine bleeding, breakthrough bleeding or spotting, and postmenopausal bleeding. This procedure uses an instrument called a "pipelle" that resembles a very thin straw. After placing a speculum in your vagina, your cervix is fully visualized and the pipelle is inserted directly through the cervix into the uterus. The pipelle is then moved around to sample tissue from the walls of the uterus. The procedure does cause cramping and slight vaginal bleeding. You may take pain medication (acetaminophen or ibuprofen) before and after the procedure to alleviate the discomfort. Take the medicine 30 minutes before your appointment time. The results of the biopsies are available 7-10 days after the procedure. You will receive specific follow up instructions once the biopsy results have been reviewed by your health care provider. Please call the office if you have not received results or follow up instructions within two weeks.

Vulvar Biopsy

A vulvar biopsy is an office procedure that is recommended if a lesion is seen on your vulva during a pelvic examination or if you are experiencing a great deal of itching, vulvar discomfort, or notice a lesion on your vulva that you are concerned about. Prior to the biopsy do not shave or wax your vulvar area. A local anesthetic will be given with a very small needle at the site of the biopsy to numb the area. You may experience slight pressure or discomfort during the biopsy. Following the biopsy you can expect a small amount of bleeding and some discomfort with sitting and urinating for 3 - 5 days. Use pads and notify your Doctor if the bleeding persists for more than a week or is excessive (i.e. filling a regular sized maxi pad every hour). Also notify your Doctor if you experience pain that is not relieved with ibuprofen or acetaminophen. For comfort, you may soak

your bottom in a bathtub filled with warm water only. do not engage in intercourse for two weeks after the procedure. The results of the biopsy will be available 7 - 10 days after the biopsy. Schedule a follow up appointment 2 weeks after the procedure in order to discuss further treatment options with your physician.

Hysterosalpingogram

A hysterosalpingogram (HSG) is a procedure that is performed in the outpatient radiology department of Northwestern Memorial Hospital by one of the physicians of Lake Shore Obstetrics and Gynecology, L.L.C. It is done to evaluate the cervix, uterus and fallopian tubes. An iodine-based contrast material, introduced via a thin catheter through the cervix, is injected into the uterus. If the cervix, uterus and fallopian tubes are open, the dye then spills out of the fallopian tubes into the pelvis. This spillage of dye through the tubes is confirmation that the tubes are patent (open) and is important in the evaluation of causes of infertility. The pattern in which the dye fills the uterus is important in evaluating potential causes for infertility, pregnancy loss and in detecting structural changes in the uterus that may be caused by fibroids or other gynecologic conditions. This procedure can cause cramping and slight vaginal bleeding and discharge. You may take pain medications (acetaminophen and ibuprofen) 30 minutes before and also after the procedure. It is VERY IMPORTANT that you inform your physician if you have a history of an iodine allergy before undergoing an HSG. DO NOT undergo the test if you think you are pregnant. You may be asked to take a pregnancy test in advance of the test.

The HSG must be performed at a specific time after your menstrual cycle that varies depending on the length of your cycle. Please arrange this test, if it is recommended by your physician, by calling the office to schedule this when your menstrual period begins.

Intrauterine Device Placement

An IUD is an intrauterine device that provides reversible long-term birth control to women in their reproductive years. It is also used for women in the perimenopausal years to aid in controlling heavy menstrual cycles. There are two types of IUD's that are recommended by the physicians at Lake Shore Obstetrics and Gynecology, L.L.C. Your physician will explain the specific risks, benefits and alternatives of each IUD with you in order to help you decide which is more suitable for your specific healthcare needs.

You will need to check with your insurance company regarding the financial coverage for the cost of the IUD and the cost of inserting the IUD into your uterus. IUD's are placed during a menstrual cycle or within 5 days after the cycle ends. Please call the office on the day your period starts to arrange an appointment for placement of the IUD. You can expect mild discomfort and cramping with the placement of the device as well as some increased vaginal bleeding. Taking pain medications (acetaminophen and ibuprofen) is recommended 30 minutes before and also after IUD placement.

