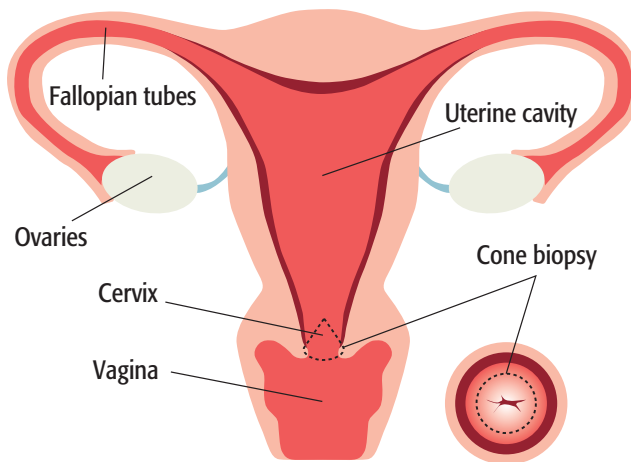


Cone Biopsy in Local Anesthesia



A cone biopsy is an excision of the cervix, to remove precancerous cells that have been detected during routine Pap smear or following microscopic inspection of the cervix. The abnormal cells are removed because they can turn into cancer cells over many years if left unattended. The risk accompanying the procedure is small but bleeding and infection of the incision wound are the most common adverse events.

Medications

You may use your own medication prior to the procedure except anticoagulation agents. If you are taking anticoagulants you should alert our staff when you are scheduled for surgery so that appropriate steps can be made.

Day of the procedure

Eat a healthy breakfast the day of surgery. Fasting is not recommended. Before arriving at the hospital you need to shower and you should dry with a clean towel and dress in clean clothes.

You attend the Gynecology ward 21A on the ground floor of the Womens clinic of Landspítali hospital at Hringbraut. You should check in at the check-in stand. A staff member will attend those who arrive for surgery in the waiting area.

The procedure

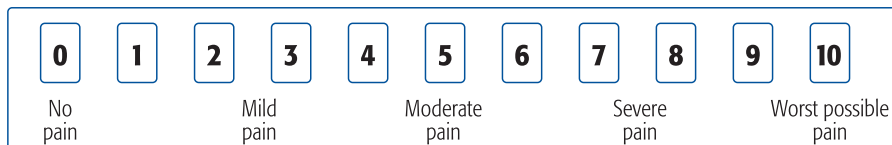
The procedure is performed under local anaesthesia in a similar manner as a gynecological examination. A speculum is inserted into the vagina and a thorough examination of the cervix is conducted with a microscope. Local anaesthesia is injected into the cervix and a small piece of cervical tissue removed. The whole process takes 10 to 15 minutes. The tissue sample is sent to the laboratory for histological tissue diagnosis. A letter containing the results will be sent within three weeks from the procedure.

After the procedure

Most women can go to work or school the day after the procedure. If your job involves physically heavy work we recommend that you stay home for 2-7 days. Strenuous exercise may increase the bleeding in the first two weeks after the procedure. It is not advisable to travel abroad during the first three weeks but it is okay to take a domestic flight the day after the procedure.

Pain and painkillers

Most women feel little or no pain after the procedure. We recommend that you use paracetamol and ibuprofen for pain relief, if needed. The maximum dose of paracetamol is 1 gram four times during a 24 hour period, and the maximum dose of ibuprofen are 400 mg four times over a 24 hour period.



Bleeding

Vaginal bleeding is normal during the first 1-3 weeks after the procedure. The bleeding should be less than your normal menses. After 8 to 12 days the bleeding may increase temporarily and become bright red. There may also be a foul smelling discharge at the same time. The procedure does not change the menstrual cycle.

What to avoid

In order for the wound to heal in the best manner possible and decrease the risk of infection, you should avoid the following for the next 4-5 weeks:

- Sexual intercourse
- Use of tampons and menstruation cup
- Swimming pools and hot tubs

When to seek help after cone biopsy:

- Intensity of the vaginal bleeding is such that a large pad (a night pad or similar) becomes saturated with blood within 30 minutes, during a time period that lasts for more than two hours.
- The body temperature exceeds 38°C.
- Foul smelling discharge for more than 10 days.
- Intense pain in abdomen that is not relieved by painkillers.

General recommendations

There is no follow up appointment at the hospital. However, the risk of persistent precancerous lesions is up to 30% after a cone biopsy. It is therefore of utmost importance to continue with regular Pap smears after the procedures.

Smoking increases the risk of persistent lesions in the cervix. Smoking cessation can improve your chances to get rid of abnormal cells.

Cone biopsy does not affect fertility. However, repeated conizations can shorten the cervix and increase the chance of miscarriage. Pregnancy is not recommended within the first three months of having a cone biopsy.

Contact information

The Gynecology clinic 21A is open weekdays from 8:00-16:00, tel: 543 3224. In case of an emergency that cannot wait until the following day you can contact the Landspítali hospital, tel: 543 1000 and get a telephone consultation with a nurse from the Gynecology ward. In case of an emergency you should call 112.

The staff at the Gynecology ward wishes you a good recovery.

Please note that the hospital will not be responsible for money or other valuables such as telephones, computers etc. that patients or their close family members bring with them.

We draw your attention to the following: The staff and students of the hospital are bound by confidentiality and may not discuss the affairs of patients in the ward. We want to ask you and your family members to please do not discuss what you may become witness to or hear about other patients.

Landspítali is a teaching hospital and students of health education and related subjects are spending part of their studies training at the hospital. Students watch and participate in the daily routine of patients and they are at all times the responsibility and under the supervision of their instructors.

PUBLISHED BY:
LANDSPÍTALI
SEPTEMBER 2020
LSH- 2382

RESPONSIBILITY:
NURSE MANAGER OF DEPARTMENT
OF GYNECOLOGY WARD 21A
AND CHIEF OF GYNECOLOGY

DESIGN:
DEPARTMENT
OF COMMUNICATIONS