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# Office Procedure Instructions

## Day of Procedure:

- Be sure to eat and drink normally prior to your procedure. There is no special diet that needs to be followed.
- You may take 800mg Ibuprofen 30-60 minutes prior to your procedure.
- No sedation is given so you are able to drive yourself to and from the office.
- You will be required to give a urine sample prior to your procedure. This will be done when you arrive so please be sure to arrive with a full bladder.

## Post Procedure Instructions:

After your procedure you may have some cramping and vaginal spotting. Do not use tampons until discharge has stopped (*you may use feminine hygiene pads*).

Most patients return to work, school and their normal routine the same day. For most procedures, you resume sexual intercourse, baths and swimming 3-4 days after your procedure. For LEEP Procedures, do not resume sexual intercourse or swimming for 4 weeks.

## When to Call:

- A fever over 100.4°F for two readings 4 hours apart.
- Severe abdominal pain not relieved by pain medicines or other comfort measures (heating pad).
- Heavy bleeding or soaking through a pad every hour for 2-3 hours in a row.
- Foul smelling, cloudy or greenish discharge.
- Severe nausea and vomiting where you are unable to keep down food and liquids.

## FAQ's

- What if I'm on my period? See guidelines below on whether or not your procedure will need to be rescheduled
  - Endometrial Biopsy (EMB)- Call the office to discuss
  - Intrauterine Device (IUD) (Mirena, Skyla, Paragard)- Okay
  - Colposcopy- Only if light
  - Loop Electrosurgical Excisional Procedure (LEEP)- Only if light
  - Polyp Removal- Only if light
  - Endocervical Curettage (ECC)- Only if light