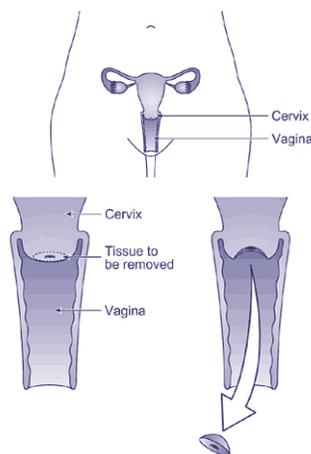


## LEEP Overview Blue Mountain Clinic

The loop electrosurgical excision procedure (LEEP) uses a thin, low-voltage electrified wire loop to remove abnormal tissue. LEEP can:

- Remove abnormal cervical tissue that can be seen during colposcopy.
- Remove abnormal tissue high in the cervical canal that cannot be seen during colposcopy.
- Help in diagnostically deciding the best course of treatment and follow up on your abnormal pap smear to prevent cervical cancer.

LEEP is done very much like a normal pap smear exam. A speculum will be placed and the doctor will look with the microscope, if needed. (Similar to what you had with your colposcopy.) A vinegar (acetic acid) or iodine solution, which makes abnormal cells more visible, may be applied to the cervix before the procedure is done. Medicine is injected to numb the cervix (cervical block). You may feel a small stick or burn with this, but then the procedure should have minimal discomfort. You may feel some cramping. You will hear the slight hum of the machine that helps to evacuate smoke that may form during the procedure. You will not be able to feel the removal because of your numbing medicine. Medicine that will help stop cervical bleeding may be placed on the cervix after the procedure.



### Why It Is Done

LEEP is done because abnormal precancerous cells were seen on pap smear and colposcopy. LEEP is both diagnostic and usually treatment. The specimen removed during the procedure is sent to the lab for review so we can know what follow up should be done.

### How Well It Works

LEEP is as effective as Cryotherapy (freezing) or laser treatment. If all of the abnormal cervical tissue is removed, no further surgery is needed, though abnormal cells may recur in the future. In some studies, all the abnormal cells were removed in as many as 98% of cases.

## **Risks**

- Infection of the cervix or uterus may develop (rare).
- Narrowing of the cervix (cervical stenosis) that can cause infertility may occur (rare) but is usually easy to repair.
- After a woman has had LEEP, she has a higher risk of delivering a baby early (32 weeks-34 weeks).
- Damage to the surrounding vaginal tissue with the instrument.
- Bleeding post procedure (rare).

## **Alternatives**

Observation, Cryotherapy, and hysterectomy are all alternatives available for this treatment. You can discuss why the doctor feels LEEP is best for you at the time of the appointment or you can make an earlier appointment to understand more.

## **Follow Up**

If you have LEEP, you need regular follow-up Pap tests. A Pap test should be repeated every 4 to 6 months or as recommended by your doctor. After several Pap test results are normal, you and your doctor can decide how often to schedule future Pap tests.

## **What To Expect After Surgery**

Most women are able to return to normal activities within 1 to 2 days after LEEP is performed. Recovery time depends on how much was done during the procedure.

- Mild cramping may occur for several hours after the procedure.
- A dark brown vaginal discharge or yellow mustard looking discharge during the first week is normal.
- Vaginal discharge or spotting may occur for about 3 weeks.
- Sanitary napkins should be used instead of tampons for about 2-3 weeks.
- Sexual intercourse should be avoided for about 2-3 weeks.
- Douching should not be done.
- Ibuprofen 600-800 mg every 8 hours for two days after the procedure will make you cramp less.

After the LEEP Call your doctor if you have any of the following symptoms:

- A fever
- Spotting or bleeding that lasts longer than 1 week
- Bleeding that is heavier than a normal menstrual period
- Increasing pelvic pain
- Bad-smelling, yellowish/green vaginal discharge, which may point to an infection

## **To prepare for you LEEP:**

A pregnancy test will be done. Please do not have unprotected sex 7 days prior to the procedure so that our testing will be accurate. Take ibuprofen 800 mg 1 hour prior to the procedure appointment. If you have an IUD in place the doctor will discuss the possibility of the strings being cut shorter, but the IUD does not need to be removed. If you use a hormone ring, you can take it out at the time of the procedure and replace it after. Relax and feel free to ask any questions. Some people return to work that day and some plan on 1-2 days off.