

Blue MountainClinic

Patient handout, consent and post op instructions for Cryotherapy of the cervix.

In cryotherapy of the cervix the outer layers of cells on the cervix are frozen using a special instrument about the size of a quarter. We do this for treatment of abnormal pap smears to prevent cervical cancer, and treatment of warts and chronic inflammation.

You cannot be on your period when the procedure is being done. If there is a chance of pregnancy it is best to wait to have the procedure until you are confirmed not pregnant. If you do not have unprotected intercourse 1 week prior to the procedure we can safely check a pregnancy test on that day to confirm you are not pregnant.

The procedure takes 15-20 minutes. It is best to take **800 mg of ibuprofen at home** prior to the procedure if you can to help with any cramping. The doctor will examine your cervix first with a speculum. If you are new to our clinic the doctor may also do a colposcopy to visualize the lesion so we can make sure we use the correct size instrument. Next the doctor will place the freezing unit on your cervix. The freezing lasts for three minutes and is repeated once. During this time you may feel period like cramps, but there is no incision, burning, or bleeding with this procedure.

After the procedure you can expect discharge for 2-3 weeks as your cervix heals. If this discharge lasts longer please call us, and we can prescribe medications to assist. You should not have sex for 1-2 weeks after the procedure. You should not use tampons for 5 days. If you absolutely must use, tampons make sure to change them regularly.

Complications are rare but can occur. Theoretically, scarring of the outer edge of the cervix can happen. This may make for more crampy periods or difficulty with sperm entering the cervix when you are trying to become pregnant. If this occurs, a simple dilation of the cervix opening can open the scar tissue. Infection is rare, but if you have pain, fever, or foul smelling discharge, we would like you to come back to be checked. The failure rate is 10-15%, so it is important that you repeat your pap smear in 4 and 8 months. This can be done with your primary doctor or with us. If these pap smears continue to be abnormal we can discuss repeat freezing verses LEEP cauterization (another technique to stop cervical cancer).

Alternatives to this treatment are observation, LEEP cauterization, and naturopathic remedies. If you are uncertain of your choice please discuss with our doctor and team. I understand the risk benefits complications and postoperative care for the above procedure. I have had a chance to ask any questions.

Name _____ Name of Witness _____

DOB _____

Signature _____ of Witness _____

Date _____

Blue Mountain Clinic

Procedure Note for Cryotherapy:

Name _____ DOB _____ FileNum _____

Date: _____

Vitals: Temp _____ BP _____ HR _____ LMP _____ Birth Control _____

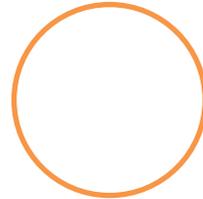
Last unprotected sex _____ Preg test negpos N/A Other testing collected _____

History for Cryo: _____

Last pap smear results _____ Colposcopy done today: yes no

Last Colpo results _____ Findings:

Last ECC results _____



Procedure:

Risk and benefits explained. Consent signed. Questions answered. Speculum exam completed with/ without colposcopy. Cryotip chosen _____. The cryotip is moistened with warm water and lubricant. Gas started and sufficient pressure obtained. Freezing for three minutes completed with gentle thaw, warming of tip, reapplication of lubricant and a repeat 3 minute freezing is completed. Gentle thaw and removal of cryotip is completed. Patient tolerated procedure well. Post op instructions given.

Prescriptions: _____

Other notes.

F/U pap smear in 4 months 8 months and 1 year with referral provider or us if needed. Typing if indicated.

Referred from _____ and notes sent to referral provider yes/no.

Doctor _____ Date _____