

# CERVIX CONE BIOPSY (COLPOSCOPY)

## WHAT IS A CONE BIOPSY?

A cone biopsy is an operation where the doctor removes a small cone shaped piece of the cervix showing abnormal cells in a screening.

## THE OPERATION

### How does the operation take place?

Cone biopsy happens under local anaesthesia.

### How long does it take?

The operation only lasts 15-20 minutes, including the anaesthesia injection. Normally you should be able to go home after about ½-1 hour of observation.

## HOW CAN I PREPARE MYSELF?

We recommend you take 2 pills of 500mg Panodil (Pamol, Paracetamol, Pinex) and 2 pills of 200mg Ibuprofen (Ibumetin, Burana, Ipren) about 1 hour before the biopsy, in order to reduce the menstruation-like pains. Right before the operation we will also give you 1-gram Cyklonova which will reduce the risk of bleeding.

## POST-OPERATION

### Pains

Normally you shouldn't experience any pain after the operation. If you do, we recommend you take 2 pills of 500mg Panodil (Pamol, Paracetamol, Pinex) max. 4 times a day, and possibly add 2 pills of 200mg Ibuprofen max. 3 times a day. Both tablets can be bought in pharmacies.

### Lifestyle

You should be able to get back to your usual activities (such as work, sports and so on) within 1-2 days following the operation. You will however have to wait another 3-4 weeks before doing vigorous physical exercise.

### Possible Complications

There are seldomly complications post-op. However, you must contact us if you experience any of the following within the first 14 days:

- Heavy pains in your lower abdomen
- Heavy bleedings (more than menstruation)
- Temperature higher than 38°

**Outside of the clinic's opening hours, contact your GP or 1813.**

### Bleedings

Throughout the first couple of weeks following the operation, it is normal to experience:

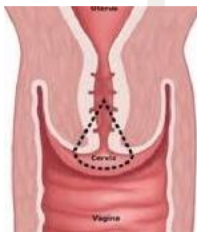
- Small bleedings
- Brown-ish, watery discharge
- Slightly malodorous discharge
- After 10-14 days: a bit of fresh bleeding (in correlation with the wound crust loosening and falling off)
- After 3-6 weeks the mucous membrane is fully healed, and a new mucous membrane covers the area

→ Next Page

### Avoiding Infections

Until you completely stop bleeding / having “unusual” discharge, you ought to:

- Avoid intercourse during the first 14 days and thereafter use a condom
- Avoid bathing in a bathtub, swimming pool, or the sea
- Use hygienic pads rather than tampons.



### CONE BIOPSY AND PREGNANCY

Cervical cone biopsy does not impact the possibility of being pregnant nor sexual activity in general. Repeated cone biopsy can slightly increase the chances of early child-birth.

### GETTING YOUR TEST RESULTS

Before going home, you must agree with the doctor how you wish to get your test results.

**Video of the procedure** (by Region Sjælland) <https://regionsjaelland.23video.com/keglesnit-1>

### WHO CAN I CALL WITH QUESTIONS?

You are welcome to call the Women's Clinic every weekday from 8.00 - 15.00 on 36 46 71 40.

Revised April 2020. To be revised on an ongoing basis and certainly no later than 1 April 2022, before in case of any significant changes.