

*North Carolina Women's Hospital*

## LEEP

### (Loop Electrosurgical Excision Procedure)

What is a LEEP?

LEEP is a procedure used to remove a thin layer of tissue from your cervix. Using a thin wire loop an electric current passes through the wire and cuts away a thin layer of surface cells.

Why do I need a LEEP?

You need a LEEP because you have abnormal cells (dysplasia) in your cervix. Dysplasia is not cancer. These abnormal cells can be removed with LEEP which allows healthy cells to grow.

What do I do to get ready for a LEEP?

- You can eat and drink normally before a LEEP.
- You should take your regular medication but **DO NOT** take any medicine that contains aspirin.
- Schedule your appointment so that you will not be menstruating at the time of your LEEP because your period would make it more difficult to see the cervix.
- You should not be pregnant at the time of the LEEP.
- Be sure to tell the doctor or nurse if you are allergic to betadine, local anesthetics or any other medications.
- You should bring someone with you when you come for your LEEP. You will need someone to drive you home after the procedure.

How is a LEEP done?

- The LEEP procedure is done in the Gyn Oncology Clinic (Clinic D) on the first floor of the Women's Hospital. You will be in the clinic for approximately an hour. This allows time for preparation and recovery. The actual procedure takes about five minutes.
- Every patient who has a LEEP will be asked to give a urine sample. The urine will be tested to make sure you are not pregnant.
- The doctor will answer your questions and then ask you to sign a consent for the procedure. During the procedure you will lie on your back with your feet in stirrups. You will have a grounding pad placed on your outer thigh which will be held in place with adhesive.
- The doctor will place a speculum in your vagina in the same way as for a pelvic exam. The doctor will look for the abnormal cells on your cervix.

- The doctor will numb your cervix with local anesthesia. The numbing medications may make you feel lightheaded, make your heart beat faster for a minute or two or give you a funny taste in your mouth. You will be awake during the procedure. You may feel a dull ache or cramp during the procedure.
- The thin wire loop will be inserted through the vagina to the cervix. Once the abnormal cells are removed the doctor will use a small instrument to stop (cauterize) any bleeding. The tissue that is removed will be studied in the lab to recheck the abnormal cells.
- During the procedure a hose will be used to draw away any fumes from using the wire or the cautery. This machine makes a noise like a vacuum cleaner.

How do I take care of myself after a LEEP?

- On the day of your procedure it is a good idea to rest and take things easy.
- You may return to regular activities the day after your LEEP but avoid heavy lifting for a day or two.
- You may experience mild cramping and some vaginal bleeding (less than a normal menstrual period). If you have cramps you can take tylenol or the medication prescribed by your doctor.
- Take your temperature every morning for 5 days after the LEEP. If your temperature is 100 degrees or more call your doctor.
- Do not use tampons, douche or have intercourse for 4 weeks after a LEEP. This will reduce the risk of infection.
- Notify the clinic at 919-966-7822 (8:30 to 5:00 week days) or the gynecology resident 919-966-4131 (after hours) if you have:
  - severe abdominal pain
  - heavy bleeding (soaking a regular pad every hour) or passing clots.
  - temperature of 100 degrees or more.
  - foul smelling discharge.

Return for your follow up appointment in \_\_\_\_\_ weeks/days/months.

*Approved by NC Women's Hospital Patient Education Committee, July 21, 2003*