



Cone Biopsy of the Cervix

Guide



Queensway Carleton
Hospital

Your Health Care - Be Involved

- **Be involved in your health care. Speak up if you have questions or concerns about your care.**
- **Tell a member of your health care team about your past illnesses and your current health condition.**
- **Bring all of your medicines with you when you go to the hospital or to a medical appointment.**
- **Tell a member of your care team if you have ever had an allergic or bad reaction to any medicine or food.**
- **Make sure you know what to do when you go home from the hospital or from your medical appointment.**

Table of Contents

Introduction	1
Why do I need a Cone Biopsy?	1
What is a Cone Biopsy?	2
Where is this procedure performed?	2
How long will it take?	2
How do I prepare for this procedure?	2
Please remember	3
What if I am menstruating?	3
Care after surgery	3
Please note	3
Possible complications of surgery	4
Are there any restrictions after this procedure?	4
Follow-up care	5
Questions	6

Cone Biopsy of the Cervix

Introduction

This booklet will give you a better understanding of the cone biopsy procedure. It will discuss the care you will receive before and after the procedure.

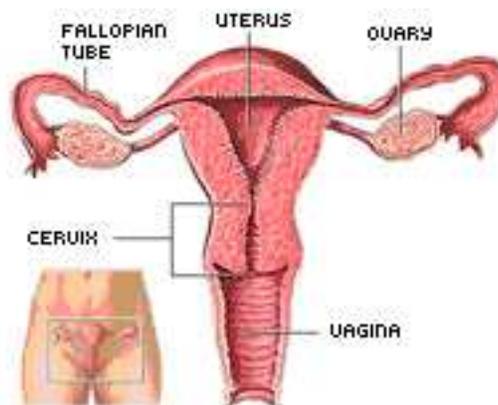
As you read this booklet, note any questions that may come to mind. There is a blank page at the end of the booklet for this purpose.

Please discuss with your Physician or Nurse any questions or concerns.

Why do I need a Cone Biopsy?

You need a Cone Biopsy for one of the following reasons:

1. There is a difference between your Pap smear and cervical biopsy results.
2. There are abnormal changes in the cells of your cervix (endocervical) detected on your Pap test or curettage.
3. Your results are suspicious for cancerous cells.



What is a Cone Biopsy?

A Cone Biopsy is a surgical procedure that involves the removal of a **cone shaped** portion of the cervix for diagnostic purposes. The cervix is the lower portion of the womb (uterus), which connects to the vagina.

There are three layers to the cervix. They are:

1. the outermost layer of the cervix (**EXO**cervix);
2. the entrance or opening of the cervical canal (cervical **OS**);
3. the innermost portion of the cervix (**ENDO**cervix).

The Physician removes a cross-section of these three layers. The section removed is shaped in a cone.

Where is the procedure performed?

You will go to the operating room for Day Surgery. The Anaesthetist may give you general anaesthesia so you will sleep. He may decide to use a local anaesthesia, instead, so you will be numb. This will be discussed during your pre-operative appointment.

How long will it take?

The Cone Biopsy procedure usually takes about 30 – 45 minutes.

How do I prepare for this procedure?

The hospital will telephone you with your pre-admission information, such as blood/lab tests, procedure date and time. They will tell you where to report and what to bring.

A Nurse will provide a “Before and After Surgery” booklet in the Pre-Admission Clinic. Your booklet explains how to prepare for surgery and what to expect while you are in the hospital.

Please remember:

You **must not** eat or drink anything after midnight the day of your surgery.

What if I am menstruating?

You will have the surgery, even if you are menstruating. Please do not worry about a heavy flow. Your Surgeon will still perform your procedure.

Care after surgery

You will stay in the Post-Anaesthetic Care Unit (Recovery Room) for monitoring until you are fully awake. Then you will go to the Day Care Surgical Unit to rest for a few hours.

Your Nurse will check your blood pressure, pulse rate, respirations, and temperature frequently. She also will check your sanitary pad for bleeding.

If you experience any nausea or vomiting, the nurse may give you a medication. The nausea is usually due to the anaesthetic you received.

You may experience some moderate abdominal or pelvic cramping or pain. The Nurse can give you a pain reliever. If the pain becomes worse, be sure to tell your Nurse.

If you receive a general anaesthetic, you may have a sore throat, from the tube used to help you breathe. Sucking on ice chips helps ease this discomfort.

Please note:

Some vaginal bleeding usually occurs for the first 7 – 14 days after surgery.

If you still have menstrual periods, your next 2 – 3 periods may be longer or heavier than usual, and possibly preceded by a dark brown pre-menstrual discharge. Also, you may experience more frequent or severe cramping.

Possible complications of surgery

Like all surgeries, the chance of having complications is always present. Although rare, it is possible to develop excessive bleeding or an infection following a cone biopsy of the cervix.

Signs and symptoms to watch for at home include:

- fever
- persistent, severe, lower abdominal pain or cramps, unrelieved by pain medication
- heavy, bright red bleeding from the vagina (that is, having to change a full sanitary pad every hour)
- faintness or dizziness

If you have any of these symptoms, go to the nearest hospital Emergency Department immediately.

What are my restrictions after this procedure?

- Avoid any activities that require concentration for two days (i.e. driving a car, signing important documents, etc.), because some medications may make you drowsy or dizzy.
- You may, under the advice of your Physician, return to work 5-7 days after surgery.
- Shower, instead of taking tub baths, for at least the first two days after surgery.
- Avoid becoming constipated by drinking plenty of fluids.
- Avoid sexual intercourse for 3-4 weeks after surgery. At first, you may feel reluctant or scared to make love, for fear of pain or bleeding. This is a natural response. You and your partner may resume sexual activity when you both feel ready. Should you have any worries regarding this matter, please discuss them with your Physician.

- Avoid using any vaginal douches, sprays, tampons, and scented pads.
- Report any signs of infection promptly to your Physician such as fever and abnormal looking vaginal discharge.

However:

A dark and foul smelling discharge is common and normal after this procedure. The discharge color may vary from dark brown to dark red.

- Avoid strenuous activities such as running, vacuuming, lifting heavy objects or children for 2 weeks after surgery.
- Avoid swimming in public swimming pools for about 3 weeks.

Follow-up care

Schedule another follow-up appointment for 6 months after your surgery, where a repeat colposcopy and Pap smear are taken.

You may write your questions at the back of this booklet. You can discuss these with your Physician or Nurse, during your follow-up appointment.

Disclaimer

This is general information developed by the Queensway Carleton Hospital. It is not intended to replace the advice of a qualified healthcare provider. Please consult your own personal Physician who will be able to determine the appropriateness of the information for your specific situation.

Related Sources/References

Cone Biopsy of the Cervix, The Ottawa Hospital, Riverside Campus, August 2006

Mission, Vision & Values

OUR VISION

We will be the community hospital of choice, recognized for our exemplary patient care, people and performance.

OUR MISSION

- We are a patient-and-family-centred community hospital providing a broad range of acute care services to the people of Ottawa and the Western Ottawa Valley.
- We provide care for all age groups – through inpatient, outpatient and outreach programs and services, in partnership with other healthcare and community service organizations.
- We strive to respond to the needs of our patients and their families through an interdisciplinary team approach. Our team is progressive, responsive and committed to exemplary performance and accountability.
- We actively promote a learning environment, in which our staff, physicians, students and volunteers are encouraged to be their best.

Our Cornerstone Programs are:

- Emergency Services
- Medical Services
- Surgical Services
- Geriatric Services
- Acute Rehabilitation Services
- Childbirth Services
- Mental Health Services

OUR VALUES

- Accountability
- Innovation
- Respect

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