

Cone Biopsy

Patient Information

Women's Health Service

Surname: NHI:

First Names:

Date of Birth: / / Sex:

PLACE PATIENT ID HERE



Why is a cone biopsy carried out?

A cone biopsy is carried out to remove abnormal cells from the cervix. This allows the removed cells to be examined closely under the microscope. During the procedure the doctor is able to see where the abnormal cells are and how extensive the area of abnormality is.

How is a cone biopsy taken?

Your cone biopsy will be performed under a general anaesthetic (you will be asleep). A cone shaped piece of tissue is removed from the cervix. Stitches are usually placed in the cervix following this. The bleeding is minimised using diathermy.

What to expect after a cone biopsy

- You will probably have some vaginal bleeding afterwards. This may last for two to four weeks and gradually decrease to a watery blood stained discharge.
- Sometimes the discharge contains black flecks of removed tissue. This is part of the normal healing process and may last up to three weeks. Your next period may be earlier or later than expected and could be heavier than normal.
- The cervix takes about three weeks to heal completely. To allow this healing to take place we advise you to use sanitary pads instead of tampons or menstrual cups until after your next period.
- We recommend that you do not use swimming pools or spa pools during this time.

- It is best to avoid sexual intercourse during this time. This may introduce infection or cause bleeding at the healing site.
- You may have some discomfort like period pain in the 24 hours after your treatment. A mild painkiller like Paracetamol should help ease this.
- You will need to take it easy for a day or two. You will usually be able to return to work in a couple of days. However if your work involves heavy lifting you may need to have a week off work. Please ask your doctor or nurse for a medical certificate.

Going home

You will usually be able to go home once you have made a full recovery from the anaesthetic. However you will need to arrange for someone to drive you home. You should have someone to stay with you for the first 24 hours.

General anaesthesia can temporarily affect your co-ordination and reasoning skills, so you should not drink alcohol, operate machinery or sign legal documents for at least 24 hours afterwards.

Follow Up Care

A discharge letter following your cone biopsy is normally sent to your GP.

Complications to look out for

We particularly want you to tell us if:

[Continued]

- You have increasing pain not controlled by pain relief.
- You have a fever (temperature).
- You have heavy vaginal bleeding or offensive smelling discharge.
- You are constipated or unable to pass urine.
- You have on-going nausea (feeling sick) or vomiting.

Reception will either take a message or forward to the Clinic Nurse for the Specialist whose care you are assigned.

Most women do not have any problems following a Cone Biopsy.

Discharge and Follow-up

Following your operation the doctor will tell you of their findings. Your discharge summary is provided to you and your GP.

Once the biopsy results become available which may take up to 2 weeks, your Dr or Clinic Nurse will contact you by phone with these results. They will make a plan for your follow up. Follow up is usually in either 4 to 6 months after your surgery and will be a colposcopy and a smear.

In four to six months' time a repeat colposcopy will be performed and a smear taken.

Further investigation or treatment will depend on the biopsy result.

If you have any concerns regarding your post operative recovery, please contact the **Gynaecology Ward/Womens Health Assessment Unit** on **04 8060740 (24 hour coverage)**.

Contact number if you have not heard about lab results and if you need a follow-up appointment:

**Women's Clinics Reception
Level 3
Wellington Regional Hospital
Phone: 04 806 0760**