



Maitri Health Care for Women
Obstetrics, Gynecology and Midwifery

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Post Colposcopy Instructions

- If no biopsies were taken, you may resume normal activities.
- If you had a biopsy, please refrain from putting anything in the vagina for the next four days. This means no douching, no tampons, and no intercourse.
- If you have any spotting or bleeding, please use a pad instead of a tampon.
- You may experience some dark discharge after the procedure. This is normal as it is likely some of the solution that was used during the procedure.
- If there is any excessive bleeding from the biopsy site, please call the nurse triage line. Excessive bleeding is any blood that saturates more than one heavy pad per hour.
- Please call the nurse triage line with any fever or pelvic pain.
- We will contact you in approximately two weeks with your results. If you have not heard from us, please feel free to contact the office.