



Patient Information Leaflet

Cervical punch biopsy

Produced by:
The Colposcopy Department

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If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, опитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টলেফি এন ইংরেজি কথা কটে জিজ্ঞাসা করুন এবং সাহায্য করুন

Cervical punch biopsies

To help the colposcopist make an accurate diagnosis of your condition, it is usual to take a small 'punch' biopsy from your cervix (neck of womb). This involves removal of a small piece of skin from the neck of the womb. This is then sent to the pathology laboratory for testing to confirm any changes in the cells that may have been seen at the time of the colposcopy examination.

When women have a biopsy taken from the cervix they say that it is uncomfortable but not painful. Local anaesthetic is not needed for taking biopsy. If required you can take paracetamol or ibuprofen during the next 24 hours after the biopsy.

You may have discoloured discharge because of the liquids used to perform the examination. You may also have some light bleeding from the biopsy site. The discharge may take up to a week to gradually clear up. While the biopsy site is healing there is a risk of infection. To help prevent the risk of infection we advise you to avoid sexual intercourse, swimming, tampons and vaginal creams for up to a week. You may shower and take a bath as usual but avoid bubble bath and talcum powder.

If you think that you may have an infection you should consult your GP as you may need antibiotics.

What will the biopsy result tell the colposcopist?

The biopsy results will show whether or not there is an abnormality of the cells of the cervix. The medical term used to describe cell changes confirmed by a biopsy is called Cervical Intraepithelial Neoplasia, more commonly known as CIN. The degree of change is described on a scale of 1 to 3, according to how many of the cells are affected.

CIN 1 means that only a third of the cells in the affected area are abnormal. These may be left to return to normal or may be treated, depending on your colposcopists opinion and your own personal choice.

CIN 2 means that up to two-thirds of the cells in the affected area are abnormal. Treatment will **usually** be needed to return the cells to normal.

CIN 3 means that all the cells in the affected area are abnormal. Treatment will be needed to return the cells to normal.

Rarely the biopsy may not show any definite diagnosis; either because of insufficient sample or laboratory processing error .In that case, your Colposcopist will advise further course of action including a repeat biopsy.

Only **very rarely** will a biopsy show that the cell changes have turned into cancer.

It takes approximately four to six weeks to obtain your results. We will write to you and your doctor to confirm your results and your plan of care.

Colposcopy clinic staff

Lead Colposcopy Consultant	Mr Q Warraich
Consultant	Mr A Green
Consultant	Mr N Kenney
Gynae/Colposcopy Nurse Specialist	Carole Jones
Staff Nurse	Kate Wheeler
Staff Nurse	Laura Macklin
Healthcare Support Worker	Angie Burns
Senior Colposcopy Secretary and Administrator	Sue Mackett (01983 534350)

Useful Weblinks

If you would like more information, you might find it useful to look at the following websites:

www.nhs.uk

www.bsccp.co.uk

www.cancerscreening.nhs.uk

www.jostrust.org.uk

What can I do to help my cervix?

Research has shown that cigarette smoking is strongly associated with the presence of abnormal cells on the cervix and to the persistence of these abnormal changes. We strongly advise women to give up smoking. For further help on this matter, please telephone Quit Line on **0800 1690169**.

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If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.