



GYNECOLOGIC CANCER INSTITUTE
of CHICAGO

DISCHARGE INSTRUCTIONS

LEEP or

Cold Knife Conization Procedures

ORDERED MEDICATIONS

(THE FOLLOWING MAY HAVE BEEN ORDERED FOR YOU BY YOUR PHYSICIAN)

DRUG and USE	DIRECTIONS
Colace (stool softener)	1 tab by mouth twice daily as needed for constipation
Zofran 4 mg ODT (Oral Disintegrating Tablet)	1 by mouth every 4 hours as needed for nausea or vomiting
Tylenol Regular Strength	325 mg by mouth every 6 hours as needed for pain
	Please resume all home medications

FOLLOW-UP Appointments: Please call the office to schedule your postoperative visit with your physician

DIET

- No restrictions unless otherwise directed.
- Eat well-balanced meals.
- Drink six 8-oz glasses of fluid per day.
- Eat plenty of fresh fruits and vegetables.
- You may find it easier at first to eat small frequent meals throughout the day.

ACTIVITY

- Nothing in the vagina (no douching, tampons, or intercourse) for 4 to 6 weeks.
- You may take a shower but no baths for 2 weeks.
- No hot tubs or swimming for 4 weeks.
- No heavy lifting or exercise for 2 weeks. You may walk and do light exercise as tolerated and as long as you don't have significant bleeding.
- Return back to normal activity slowly and as tolerable.

VAGINAL/VULVAR CARE

- You may have some black, brown or yellowish discharge

after the procedure and for a few weeks. Notify the office if the discharge has a foul smell.

- You will also probably have some bleeding. Notify the office if you experience bleeding that soaks one pad an hour.
- Change your pad regularly throughout the day, especially if it becomes saturated.
- For abdominal cramps, you can use Tylenol or ibuprofen. You can also use warm heat for 20 minutes three times daily to the abdomen.

REASONS TO CONTACT YOUR DOCTOR

- Temperature 101 F (38.3 C) or greater on two occasions 4 hours apart.
- Nausea/vomiting unrelieved by prescribed medication.
- Constipation unrelieved by laxatives (no bowel movement for 24 hours).
- Constipation combined with nausea.
- Pain unrelieved by prescribed medication.
- Vaginal bleeding which soaks more than 1 pad an hour.



- Passing large clots.
- Foul smelling vaginal discharge (this can be common after a cold knife conization procedure – please call the office if it is persistent or worsening).
- Difficulty or burning with urination.
- Pain and/or swelling in one or both legs.
- Difficulties breathing or chest pain, please proceed to the ER.
- Any other concerns.

MEDICATIONS

- Resume all usual medication unless directed otherwise.
- Use a daily stool softener (Colace, Metamucil, Fibercon, or Citrucel). Stop use when stool becomes normal for you.
- For problem with significant constipation you can use one of the following:
- Senokot, Milk of Magnesia, Dulcolax tablets, Dulcolax suppository, or Magnesium Citrate (10 oz)

- Try one at a time. These do not require a prescription.
- You may want to eat a small meal prior to taking your pain medications.
- Do not stop your pain medication abruptly. Decrease amount taken gradually.

CALLING THE DOCTOR

- During office hours (M-F; 8am-4:30pm) call: 708-422-3242 ask to speak with Nurse or Physician Assistant
- After office hours: call 708-422-3242 to reach on-call physician. Please reserve evening and weekend phone calls for urgent matters only.
- Dial your call back number including area code. If you do not get a call back within 20 minutes, page again.
- If you are receiving home healthcare, call your nurse who will call the doctor if necessary.
- For emergencies call: 911 or go to your local hospital Emergency Room.