

The Day of Your Appointment

TAKE YOUR HEALTH CARD WITH YOU!

Do not hesitate to ask the doctor questions.

Treatment depends on the result of the colposcopy and may include:

- **Cryotherapy** – a special solution is used to freeze the cervix and to destroy the abnormal cells. A watery vaginal discharge occurs and may last up to 3 weeks after cryotherapy.
- **Laser treatment** – a laser beam is used to destroy thin layers of abnormal cells on the cervix. There may be some discomfort associated with this treatment. Vaginal discharge, like a period may result.
- **Cone biopsy** – abnormal tissue surgically removed from the cervix.

After Your Appointment

It is important to keep future appointments with your doctor. It is important to have yearly Pap tests, as cell changes can come back no matter how you were treated.

A colposcopy and treatment for an abnormal Pap test should not affect your chances to have children in the future.

THE SEXUAL HEALTH CENTRES ARE LOCATED AT:

Fort Erie Sexual Health Centre

43 Hagey Avenue
Fort Erie, ON L2A 1W4
Phone: 905-871-5320
Fax: 905-871-3333

Hours of Service

Tuesday – Friday
9am – 12pm

Niagara Falls Sexual Health Centre

5710 Kitchener Street
Niagara Falls, ON L2G 1C1
Phone: 905-358-3636
Fax: 905-358-2717

Hours of Service

Monday – Friday
1pm – 4:30pm

St. Catharines Sexual Health Centre

277 Welland Avenue
St. Catharines, ON L2R 2P7
Phone: 905-688-3817
Toll Free: 1-800-263-5757
Fax: 905-688-6063

Hours of Service

Monday – Friday
8:30am – 12pm
1pm – 4:30pm

Welland Sexual Health Centre

540 King Street
Welland, ON L3B 3L1
Phone: 905-734-1014
Fax: 905-734-1770

Hours of Service

Monday – Friday
1pm – 4:30pm

*** Clinic/Doctor services available by appointment only**

Mediklik - STI Clinic

St. Catharines General Hospital
142 Queenston Street, St. Catharines, ON
Tuesday & Thursdays – 6:00–8:00 p.m.
Walk-in Clinic – no appointment required

www.regional.niagara.on.ca



ABNORMAL PAP TEST AND COLPOSCOPY



Niagara  Region
PUBLIC HEALTH

When a Pap test is done, some cells from the cervix are taken for testing. This is done during a routine pelvic exam. The test shows changes in the cells of the cervix.

Any woman who has ever had intercourse has some risk, however, you are more likely to have an abnormal Pap test if:

- You or your partner smoke
- You had sexual intercourse before the age of 18
- You had more than one sexual partner
- You had a sexually transmitted infection (STI) such as herpes or genital warts
- You are the daughter of a woman who took DES (diethylstilbestrol) during pregnancy in the years 1940-1971

Understanding your abnormal Pap result

Every year, women of all ages receive abnormal Pap test results, (an increasing number are younger women in their teens and twenties). If you are among the women receiving an abnormal report this year, you may be worried and wondering what will happen next.

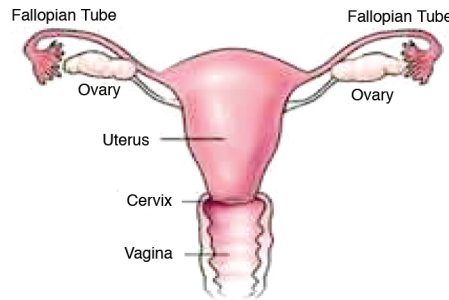
Often an abnormal Pap test will return to normal when repeated. The value of the test is simply that it can detect potential problems early so they can be further diagnosed and treated.

The cervix looks something like a small doughnut. The tiny hole in the middle is the opening to the cervical canal leading into the uterus (womb).

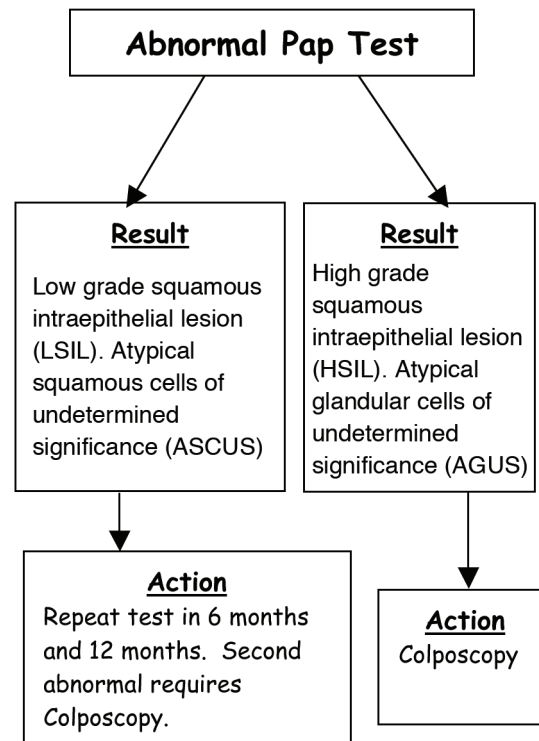
The cervix is simply the visible end of the uterus, not a separate organ.

The normal cervix is a healthy pink colour and is covered with scale-like squamous cells. The cervical canal is lined with tall, narrow columnar cells.

These cells are more easily inflamed than are the squamous cells.



The zone where the two kinds of cells meet is called the transformation zone (T-zone). The transformation zone is the most likely area for abnormal cells to develop. The T-zone is more exposed on the cervix of young women in their teens and twenties making them more susceptible to cervical infection.



Yearly Pap tests are Important!
Think of your yearly gynaecological check-up as an important way of taking care of yourself.

What is a Colposcopy?

Colposcopy means an exam with a special microscope called colposcope. This microscope does not touch you or go inside you. It allows the doctor to look at your cervix under magnification. A speculum similar to that for a Pap test will be used to do this.

Why is it done?

The reason you are being sent for colposcopy is because abnormal cells were found on your Pap test. This does not mean you have cancer! It does mean these cells could turn into cancer in some women if not treated.

How is it done?

- The doctor will spray your cervix with a weak vinegar solution. The vinegar will make any abnormal area look white. You may feel a mild stinging sensation when the vinegar is sprayed on your cervix.
- The doctor may take a tiny sample (biopsy) of this area. If a biopsy is done, you may feel a period type cramp.

Before your appointment

The day before your appointment, do not use any vaginal cream or douche. You may bathe or shower. If you need to change your appointment, call the doctor's office.