



# Information for patients

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## Advice following a Cervical Punch Biopsy

During your examination tiny cervical tissue samples called a punch biopsy were taken from the surface of your cervix. These samples will be examined under a microscope in the laboratory. It will identify the degree of abnormality, if any, which will enable us to discuss the most appropriate management option for you.

It is usual to experience a blood stained, watery discharge up to 2 weeks following a punch biopsy. It is advisable to wear a panty liner or pad and avoid using tampons.

We recommend that you refrain from sexual intercourse for 2 weeks and refrain from using tampons to allow the biopsy site to heal and to reduce the risk of infection.

Do not swim for 2 weeks following this procedure. If you have heavy bleeding or a smelly discharge from your vagina up to 10 days after your visit and your period is not due, contact your own GP for advice.

## Results

You will receive a letter within 2-6 weeks' time informing you of your results and further management. Please note **RESULTS WILL NOT BE GIVEN OVER THE TELEPHONE** – but feel free to contact the secretary if you have not received the letter informing you of the results.

When we have the results of your biopsy we will let you and your GP know these by letter. The results may show that cells in your cervix have undergone certain changes, a condition known as **cervical intra-epithelial neoplasia or CIN**.

There are different stages of CIN and in order to differentiate a scale from 1 to 3 is used according to how many of the cells are affected.

## Mild Abnormalities / CIN 1

This means that you have mild changes (only a third of the cells in the affected area are abnormal).

It is known that these mild changes often get better without intervention. We normally monitor these mild conditions, until they return to normal.

## Moderate Abnormalities / CIN 2

This means that you have moderate cell changes (two thirds of the cells in the affected area are abnormal).

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### Severe Abnormalities / CIN 3

This means you have severe cell changes (all the cells in the affected area are abnormal).

The NHS cervical screening programme recommends that women with moderate or severe abnormalities are offered treatment.

None of these changes mean that you have cancer, but if left untreated, CIN2 and CIN 3 could change to cancer over a long period of time.

If your biopsy results show that you need to have treatment, a follow-up appointment at the clinic will be sent to you.

### Contact Telephone Numbers for Further Information

If you have any further concerns or queries, please do not hesitate to contact the Gynaecology Ward(s):

**Nurse Colposcopist – 03033 304390**

**Laurel Ward – Grimsby: 03033 304390**

**Ward 19 – Scunthorpe: 03033 302015**

**Colposcopy Secretary – Scunthorpe: 03033 302666**

**Colposcopy Secretary – Grimsby: 03033 303048**

### Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) is available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact [nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

As a Trust we value equality of access to our information and services, therefore alternative formats are available on request at [nlg-tr.interpreters@nhs.net](mailto:nlg-tr.interpreters@nhs.net)

### Alternative Languages

All of our leaflets are available to view in different languages via Browsealoud on our website at [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Toate pliantele noastre sunt disponibile pentru a fi vizualizate în diferite limbi prin intermediul Browaloud pe site-ul nostru, la [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Wszystkie nasze ulotki są dostępne do przeglądania w różnych językach za pośrednictwem Browsealoud na naszej stronie internetowej [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Visus mūsu lankstinukus galite peržiūrėti įvairiomis kalbomis, naudodamiesi „Browsealoud“ mūsų svetainėje, adresu [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Vse naše zloženke so na voljo za ogled v različnih jezikih prek Browaloud na našem spletnem mestu [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

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