

# Punch Biopsy

Gynaecology

## Introduction

As part of your colposcopy examination the healthcare professional recommended a punch biopsy to aid diagnosis and help decide on the appropriate management for you. This leaflet explains what a punch biopsy is, what to expect following the procedure, and how you will be notified of results. This leaflet is not meant to replace informed discussion between you and your doctor, but can act as a starting point for outlining risks and benefits.

## What is a punch biopsy ?

The test that you have had today is called a punch biopsy. We have taken a tiny piece of tissue, the size of a grain of rice, from your cervix and we send this to the laboratory. We will examine this tissue sample closely to see if there are changes in the cells that would suggest that you need treatment.

## What happens about consent?

We must seek your consent for any procedure or treatment beforehand. Your health care practitioner will explain the risks, benefits, and alternatives where relevant, before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed, please do not hesitate to ask for more information.

## What are the benefits of having this procedure?

Taking a sample of tissue helps us to make a diagnosis and decide if any treatment is required.

## Are there any risks to this procedure?

Complications are very rare, but you may get an infection in the area we took the piece of tissue from. If this happens, you may need to take antibiotics.

## What are the alternatives?

Currently there are no alternatives to this procedure

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## What should I normally expect after the procedure?

- You may feel discomfort like period pain for a few hours after the procedure. You should take your normal painkillers to ease this pain, but do not take more than the recommended dose
- Usually, you will have a brown or red discharge from your vagina for two to four days after we take the piece of tissue. Do not worry if you do not have any discharge or if the discharge continues slightly longer than four days, as everyone's cervix heals differently
- Do not use tampons for at least four to five days after the procedure, or until the discharge stops. Instead, use pads or panty liners
- You can have a bath or shower as normal.

## What are the symptoms of an infection?

- High temperature or strong-smelling discharge
- Pain. You should take your normal painkillers to ease this pain, but do not take more than the recommended dose.

If you develop an infection, this may happen immediately after the treatment or any time within the next 14 days. If you have any of the above symptoms, it is very important that you contact your GP or the Colposcopy Clinic for advice, as you may need another examination or antibiotics.

## When can I return to normal activities?

- You should be able to return to work and normal activities the same day you have your procedure. We recommend that you do not have sex or go swimming until the discharge stops, to allow the area to heal.

We will be writing to your GP to tell them that you have had this procedure.

We will send you a letter with your results which will explain if you need any more treatment or tests. If you do not receive this letter within eight weeks of your last visit to the clinic, please contact us.

## Who do I contact for more information?

If you have any more questions about your treatment, please contact the Colposcopy Clinic on 01902 695157 Monday to Friday 08.30 until 17:00.

Contact names:

Julie Davies (Nurse colposcopist)

Lesley Taylor (Nurse colposcopist)

Zoe Matthews (Nurse colposcopist)

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਅਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。