

Patient information

Punch Biopsy

You have just had a punch biopsy to your cervix to remove a small sample of tissue, which will be sent to the laboratory for further investigation. The following notes are to help you understand what to expect following your biopsy.

Following your biopsy

You are advised to avoid using tampons for four weeks following the biopsy.

You may experience some bleeding or a discharge following the biopsy over the next few days. If the bleeding becomes heavy or the discharge becomes offensive, causes irritation or soreness, please contact us or your GP for advice.

You may have some discomfort similar to period pains for the remainder of the day, this is quite normal. It is advisable to take some mild pain killers such as Paracetamol or Ibuprofen when you get home.

Sexual activity

You should avoid sexual intercourse until any bleeding has stopped.

Work / exercise

You may need to take things easy for the rest of the day, particularly if your job involves standing or lifting.

Avoid any strenuous activity, e.g. horse riding, aerobics for 24 hours.

Avoid swimming for two weeks following the biopsy.

Results and follow-up

You will receive the result of your biopsy in the post in three to four weeks and if further treatment/review is required this will be explained in your letter.

If you would like to discuss what will happen at your next visit, please feel free to contact the colposcopy nursing staff on: 01284 713601

If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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