Caring for Yourself After Your Cone Biopsy of the Cervix

This information explains how to care for yourself at home after a cone biopsy of your cervix.

About Your Cone Biopsy of the Cervix

Your cervix is the bottom part of your uterus. It connects your uterus to your vagina (see Figure 1). It’s the part of your uterus that dilates (opens) during childbirth. When you have your period, menstrual blood flows through your cervix to your vagina and out of your body.
During a cone biopsy, your doctor will remove a small, cone-shaped part of your cervix. They will study it under a microscope to look for abnormal cells. It usually takes about 4 to 6 weeks for your cervix to heal.

**Caring for Yourself at Home**

In the first 24 hours after your procedure:

- Drink 8 to 12 (8-ounce) glasses (2 to 3 quarts) of liquids.
- Eat well-balanced, healthy meals.
- Use sanitary pads for vaginal discharge.
- The first 4 days after your procedure, you may have vaginal discharge that looks like a menstrual period. The amount varies for each woman.
Over the next 2 to 3 weeks after your procedure, your vaginal discharge will become clear and watery and then will stop.

For 4 to 6 weeks after your procedure or until your doctor tells you your cervix is healed:

- Don’t put anything inside your vagina (such as tampons and douches) or have vaginal intercourse.
- Take showers instead of tub baths. Don’t soak in water (such as swimming pools, hot tubs, or tub baths).
- Don’t do any heavy housework (such as vacuuming, yard work, or carrying groceries or laundry).
- Don’t lift objects over 10 pounds (4.5 kilograms).
- Don’t do any strenuous exercise (such as running and aerobics).

Your next period may be late or may have a heavier blood flow than usual.

Call your doctor’s office to schedule a follow-up visit. This should be about 4 weeks after your procedure.

Call Your Doctor or Nurse if You Have:

- A temperature of 101° F (38.3° C) or higher
- Chills
- Blood clots or bleeding that’s heavier than your normal
menstrual period

- Vaginal discharge that smells bad or has a very strong smell
- Pain that isn’t relieved by pain medications
- Any questions or concerns

If you have any questions or concerns, talk with a member of your healthcare team. You can reach them Monday through Friday from 9:00 AM to 5:00 PM at ______________________. After 5:00 PM, during the weekend, and on holidays, please call____________________. If there’s no number listed, or you’re not sure, call 212-639-2000.