

宫颈电圈环切术 (LEEP)

LEEP (Loop Electrosurgical Excision Procedure)

Loop Electrosurgical Excision Procedure, or LEEP, is a procedure to remove tissue from the cervix that is not normal and may lead to cancer.

The cervix is the opening of the uterus (womb) and is located at the top of the vagina.

LEEP is usually done in the doctor's office or clinic.

How to Prepare

- Two days before the procedure, avoid sex and do not use creams in or around the vagina.
- Do not douche.
- Take an over-the-counter pain medicine 2 hours before the procedure. Ibuprofen (Advil, Motrin) and acetaminophen (Tylenol) are options.

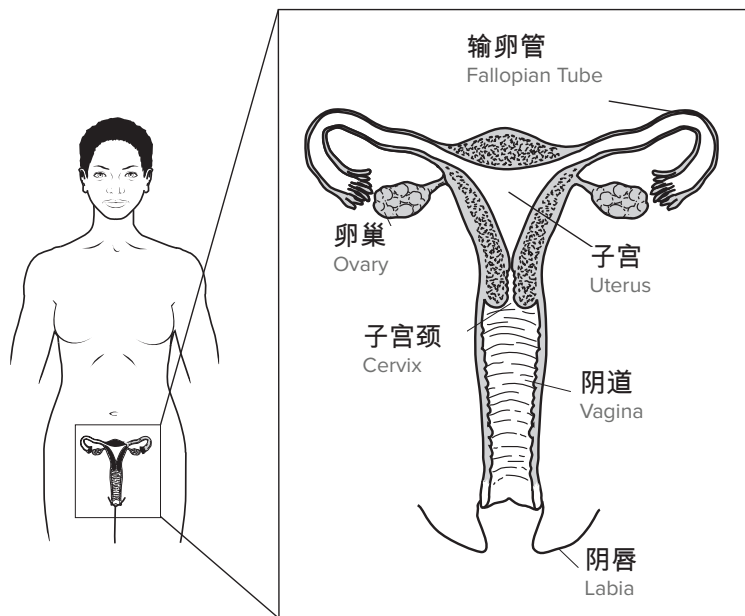
宫颈电圈环切术 (LEEP)，是一种用于切除子宫颈中可能导致癌症的异常组织的手术。

子宫颈是子宫的开口，位于阴道顶部。

LEEP 通常在医生办公室或诊所进行。

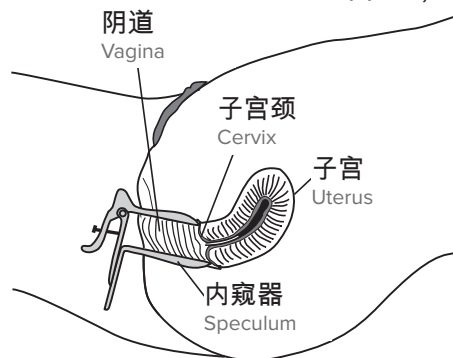
术前准备

- 术前两天避免性生活，切勿在阴道内或周围使用乳膏。
- 切勿盥洗阴道。
- 术前 2 小时服用非处方止痛药。可选择布洛芬 (Advil、美林) 和对乙酰氨基酚 (泰诺)。



How it is Done

- You will be given ibuprofen to help with any discomfort from the procedure.
- Go to the bathroom and empty your bladder before the test.
- Remove all metal, including any piercings, if possible
- Be sure to let the nurse or doctor know if you have any metal inside your body that cannot be removed.
- You will be asked to undress from your waist down and will have a paper sheet to cover you.
- A sticky pad, called a grounding pad, will be placed on your thigh. It is cold.
- You will be asked to lie down on the exam table and place your feet in holders at the end of the table, called stirrups.
- Let your knees fall to the sides. Take slow, deep breaths to relax the muscles around your vagina during the exam.
- A tool shaped like a duck bill, called a speculum, will be placed into the opening of your vagina to allow your provider to see inside your vagina.
- An iodine solution is applied to the cervix to make abnormal cells easier to see. This solution also cleans the cervix to prepare for the procedure
- Your provider will look at your cervix with a big magnifying glass, called a colposcope. The colposcope looks like a pair of binoculars on a stand. The colposcope does not go inside of you.



手术步骤

- 医护人员将为您提供布洛芬，帮助缓解术中的任何不适感。
- 接受检查之前，请进行小便排空膀胱。
- 如果可能，请摘掉所有金属物品，包括任何环钉。
- 如果您体内有任何不能移除的金属物品，请务必告知护士或医生。
- 您需要脱掉腰部以下的服装，用一次性纸单覆盖您的身体。
- 医护人员将在您的大腿上放置触感冰凉的粘性垫子（接地垫）。
- 然后您要躺在检查台上，双脚分别放在检查支架的脚蹬上。
- 双膝向两侧张开。在检查过程中深呼吸，放松阴道周围的肌肉。
- 医护人员将鸭嘴形工具（称为内窥器）放入您的阴道口，以便观察阴道内部。
- 医护人员将在您的子宫颈上涂抹碘液，以便更容易观察到异常细胞。碘液还能清洁子宫颈，为手术做准备。
- 医生会用较大的放大镜（称为阴道镜）观察您的子宫颈。阴道镜形似一个置于支架上的双筒望远镜。阴道镜不会进入您的体内。

- Your cervix is numbed with a local anesthetic. This is the same medicine the dentist uses to numb you for dental work. It can cause your heart to beat fast and may make you feel shaky. This will pass in a few minutes.
- A wire loop is inserted through the vagina. The abnormal tissue from the cervix is removed with this loop. This tissue will be sent to the lab for closer study.
- You may feel mild cramping during the procedure.
- It is important that you do not move while the procedure is being done.

Possible Risks

Your provider will review these risks with you before the procedure.

- Rare risk of infection or heavy bleeding.
- Chance not all abnormal tissue will be removed with this procedure, and you will need more surgery.
- Very rare risk of preterm labor with pregnancies that happen after this procedure.

Caring for yourself after

It will take several weeks to heal from this procedure. Plan to rest for the next week. You may have some bleeding, no more than a heavy period, for a few days and light bloody discharge for a few weeks.

- Place nothing in the vagina for 6 weeks after the procedure. This includes no sexual intercourse, no tampons, and no douching. This will reduce your risk of bleeding from the area that is healing.
- Eat a normal diet.
- Take ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) or similar medicine as directed on the bottle.

- 医生会在您的子宫颈使用局部麻醉剂。这与牙医在牙科手术前使用的麻醉药物相同。它可能会导致您心跳加速，身体颤抖，这种感觉将持续几分钟。
- 医生会将金属环穿过您的阴道，用它切除子宫颈的异常组织。这些组织将送至实验室进一步研究。
- 您在术中可能会感到轻微的痉挛，
- 但切勿在术中移动身体，这一点很重要。

潜在风险

医生将在手术前告知您下述风险。

- 感染或大出血的罕见风险。
- 该手术可能无法移除所有的异常组织，您可能需要进一步的手术。
- 术后妊娠早产的极罕见风险。

术后护理

术后需要几周的时间才能康复。请在术后休息一周。您可能会出现持续几天的少量出血（不超过较大月经量），以及持续几周的轻微血性分泌物。

- 术后 6 周内切勿在阴道内放置任何物体，包括不得性交，不使用卫生棉条，不盥洗阴道。这样做有助于减少愈合部位出血的风险。
- 正常饮食。
- 按照药瓶说明服用布洛芬 (Advil、美林) 或对乙酰氨基酚 (泰诺) 或类似药物。

- The discharge may first look like brownish-black coffee grounds, and you will have some bleeding, which should be similar to a period. In time this will change to a yellow watery discharge. You may wear a pad.
- You may take a shower. Do not take a tub bath, use a hot tub or go swimming for 6 weeks as this increases your chance for infection.

Call if you have:

- A lot of bleeding where you soak a pad in an hour
- Severe abdominal cramps or pain that gets worse over time
- Chills or fever of 100.4 degrees Fahrenheit or 38 degrees Celsius or higher
- Vaginal discharge that has a bad odor

Follow Up

You will receive the results and instructions for future follow-up appointments. A follow up visit will be scheduled for you. It is very important that you keep all of your appointments.

- 分泌物最初可能形似棕黑色咖啡渣，可能伴有类似月经的少量出血。分泌物将随时间变为黄色水样。您可以垫上护垫。
- 您可以洗淋浴。6周内切勿使用浴缸盆浴或游泳，这将增加您感染的可能性。

如果出现以下情况，请联系医生：

- 出血量很大，在一小时内湿透护垫
- 严重的腹部痉挛或疼痛，随时间加重
- 寒战或发热，体温达到 100.4 华氏度或 38 摄氏度或以上
- 阴道分泌物有异味

随访

您将收到检查结果和未来随访预约的说明。医护人员将为您安排随访就诊。请务必按时进行所有预约。