

# LEEP (Qaliin unugyada aan wanaagsanayn looga saaro afka makaanka)

## 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.

Qaliinka unugyada aan wanaagsanayn looga saaro makaanka ama LEEP waa qaliin unugyo aan wanaagsanayn looga soo saaro afka minka haddii aan laga soo saarina keeni kara kansar.

Afka minka waxaa waa qaybta hore ee makaanka/minka (ilmo galeenka) wuxuuna kuyaala qaybta kore ee xubinta taranka dumarka.

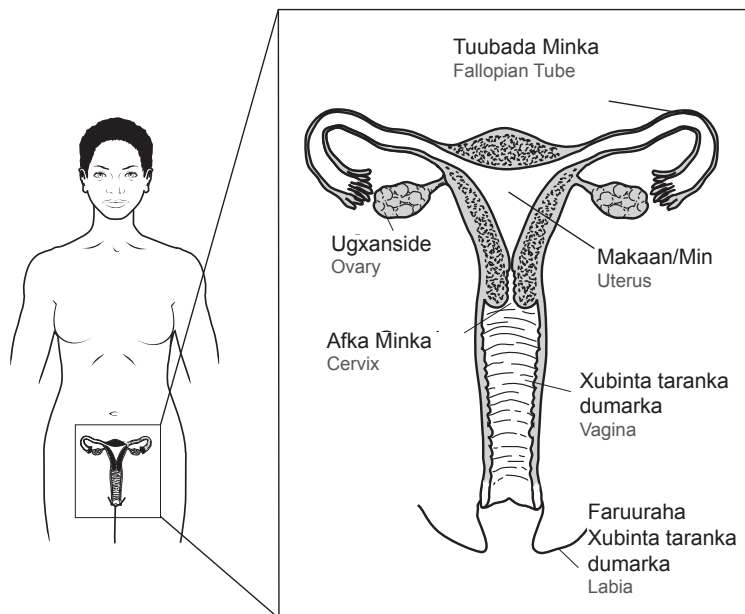
LEEP waxaa caadiyan lagu sameeyaa xaafiiska dakhtarka ama xarunta caafimaadka.

### How to Prepare

- Two days before the procedure, avoid sex and do not use creams in or around the vagina.
- Do not douche.

### Qaabka Loo Diyaariyo

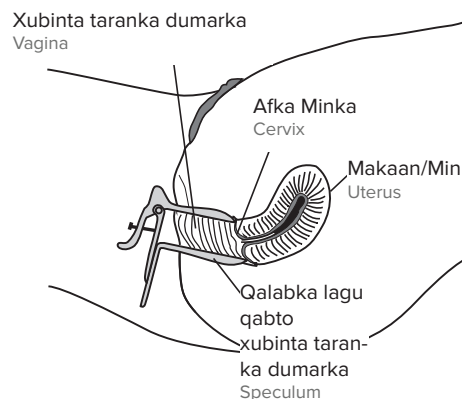
- Labo maalmood kahor qaliinka, iska ilaali galmo hana marin kareen gudaha ama meelaha u dhaw xubinta taranka.
- Ha nadiifin gudaha xubinta taranka dumarka



- Take an over-the-counter pain medicine 2 hours before the procedure. Ibuprofen (Advil, Motrin) and acetaminophen (Tylenol) are options.

## 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



- Cun daawada xanuun baabi'iyaha ah ee dukaamada lagu gado 2 saacadood kahor qaliinka. Ibuprofen (Advil, Motrin) iyo acetaminophen (Tylenol) ayaa ah dookhyada aad cuni karto.

## Sidee loo Sameeyaa

- Waxaa lagu siin doonaa ibuprofen si uu kaaga caawiyo kahortaga deganaan la'aan kasta oo aad ka dhaxli karto qaliinka.
- Aad musqusha kadibna soo kaadi kahor taan lagugu sameyn baaritaankaanka.
- Iska saar dhammaan biraha, oo ay kujiraan biraha dhagaha la gashto, haddii ay macquul tahay
- Hubi inaad u sheegto kalkaalisada ama dakhtarka haddii jirkaaga meel kamid ah ay kujiraan bir aan lasoo saari karin.
- Waxaa lagaa codsan doonaa inaad dharka ka bixisid qaybta jirkaaga hoose waxaana lagu siin doonaa warqad xaashi ah si aad isku daboosho.
- Xaashi adag oo loo yaqaan xaashida baaritaanka, ayaa lagu dhejin doonaa bowdadaada. Waa qaboow.
- Waxaa lagaa codsan doonaa inaad ku seexatid miiska baaritaanka aadna lugahaaga gelisid labada gees ee miiska, oo loo yaqaan lugo geliska.
- U ogolow jilbahaaga inay taabtaan geesaha. Qaado neef degan, oo hoose si aad u dejiso murqaha xubintaada taranka inta lagu jiro baaritaanka.
- Qalab u eg sida shinbirka afka dheer, oo loo yaqaan birta kala qabatada xubinta taranka, ayaa la gelin doonaa xubintaada taranka si dhaqtarkaagu uu u arko gudaha xubinta taranka.

- 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.
- 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.
- Dareere ooyodhiin ah (iodine) ayaa la marin doonaa afka makaanka si ay u fududaato in la arko unugyada aan caafimaadka qabin. Iskudarkaan/ milankaan wuxuu sidoo kale nadiifiyaa afka makaanka si loogu diyaar garoobo qaliinka
- Dakhtarkaagu wuxuu fiirin doonaa afka makaankaaga asagoo isticmaalaayo galaasyada wax soo dhaweeya oo wayn, ee loo yaqaan soo dhaweeyaha. Qalabka soo dhaweeyaha wuxuu u egyahay muraayadaha masaafada fog lagu fiiriyo oo labo xabo ah. Qalabka soo dhaweeyaha ma galaayo gudaha jirkaaga.
- Afka makaankaaga waa la kabuubeeyaa ayadoo la isticmaalaayo daawada suuxdinta. Kani waxaa isla daawada dakhtarka ilkaha uu u adeegsado kabuubeynta jirka marka uu kujiro shaqada ilkaha. Waxay sababi kartaa inuu wadnahaagu xoog u garaacmo waxayna kugu keeni kartaa inaad dareento gariir. Arrintaan way iska baaba'ayaan dhowr daqiiqo kadib.
- Xarig bir ah ayaa la gelinayaa xubinta taranka dumarka. Unugyada aan caafimaadka qabin ee afka makaanka kujira ayaa lagu soo saaraa birtaan. Unugtaan waxaa loo diri doonaa shaybaar si qaab qoto dheer baaritaan loogu sameeyo.
- Waxaad dareemi shanqar caloosha ah oo meel hoose ah inta qaliinku socdo.
- Waa muhiim inaad sameyn dhaqdhaqaaq inta qaliinku socdo.

## 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.
- 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.

## Khataraha Suurtagalka ah

Dakhtarkaagu wuxuu kaala hadli doonaa khatarahaan kahor intaan la sameyn qaliinka.

- Khatar caabuuq oo dhif iyo naadir ah ama dhiig bar saaid ah.
- Waxaa dhici karta in dhammaan unugtada aan caafimaadka qabin dhammaantood lagu soo saarin qaliinkaan, aadna u baahato qaliin dheeraad ah.
- Khatar aad dhif iyo naadir u ah ahna fool kasoo hormarta xiligeeda ayaa dhici karta kadib qaliinkaan.

## Daryeelida qaliin kadib

Wuxuu qaadan doonaa dhowr asbuuc inaad qaliinkaan kasoo kabsato. Qorshee inaad nasato asbuuca xigga. Waxaad isku arki kartaa xoogaa dhiig bax ah, oo aan ka badneyn dhiiga caadada ee badan, muddo dhowr maalmood ah sidoo kale waxaad isku arki kartaa dheecaan qaafiif ah muddo dhowr asbuuc ah.

- Waxba ha saarin xubinta taranka muddo 6 asbuuc ah kadib markaad maro qaliinka. Kani waxaa kujira inaadna sameyn galmo, inaadna wax dhexgelin xubinta taranka, iyo inaadna nadiifin. Tani waxay yareyneysaa khatarka ku aadan in dhiig ka yimaado aaga buskoonaya.
- Cun cuntooyinka caafimaadka leh ee caadiga ah.
- Cun ibuprofen (Advil, Motrin) ama acetaminophen (Tylenol) ama daawooyin lamid ah sida dhalada ku qoran.
- Dheecaanku wuxuu marka koowaad u muuqan karaa sida kafeega boroownka-madoowga ah, waxaadna isku arki doontaa xoogaa dhiig ah, oo lamid ah kan xiliga caadada. Inta lagu jiro waqtigaan dheecaankaan wuxuu isku badeli doonaa dheecaan biyo-biyo ah ahna jaalle. Waxaad xiran kartaa suufka cambarka.

- 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.
- Waad mayran kartaa. Waa inaad ku qubeysan biyaha tuubada, waana inaad isticmaalin tuubo kulul ama aadan aadin dabaal muddo dhan 6 asbuuc maadaama arrintaan kor u qaadayso inuu caabuq kugu dhaco.

### 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.

### Wac haddii aad isku aragto:

- Dhiig badan oo ka imaanaya meesha aad marisay suufka hal saac kahor.
- Xanuun saaid ah ama xanuun marba marka kasii danbeysa kasii daraaya
- Qarqaryo ama qandho heerkeedu yahay 100.4 digrii Fahrenheit (F) ama 38 digrii Celsius (C) ama ka badan
- Dheecaan ka imaanaya xubinta taranka dumarka oo ur xun leh

### Dabagalka Dhakhtarka

Waxaad heli doontaa ratiijooyinka iyo tilmaamaha balamaha dabagalka ah ee mustaqbalka. Waxaa lagu qaban doonaa balan booqasho oo dabagal ah. Waa muhiim inaad ilaaliso dhammaan balamahaaga.