

WHAT SHOULD I DO IF I HAVE HPV?

- **DO NOT PANIC!**
- It can take 10 years for HPV to develop into Cervical Cancer.
- If your test shows you are HPV positive, you will be given a date for a new visit to test for HPV infection.
- Return to the clinic for further evaluation by the doctor.



What Happens if I have HPV?

Only you can be conscious of your body because nobody else will



**Building Healthy Families,
Healthy Communities and a
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WHAT WILL THE DOCTOR DO IN THE EXAM?

- A doctor will put a small metal tube in your vagina to look at your cervix - a **colposcopy**.
- If HPV infected cells are seen, the doctor will remove a small piece of tissue - a **biopsy**— from your cervix. It feels like a pinch.
- Your tissue is sent to the U.S. for testing; your results will be ready in 3 months.
- You will return to the clinic so the doctor can tell you the biopsy results.
- If no infected cells are seen, you will be asked to see the doctor again in **1 year** for a recheck because it is still possible to develop an HPV infection.

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How IS AN HPV INFECTION TREATED?

- If you have an HPV infection, the doctor may treat you by freezing the infected cells -**cryotherapy** or you may have a hysterectomy.
- During cryotherapy, a speculum is put in your vagina to look at the cervix and freeze the cells for 4 minutes.
- The freezing treatment feels like strong menstrual cramps.
- You can reduce cramping by taking 2 Ibuprofen tablets, two hours before the treatment.

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WHAT DO I DO AFTER CRYOTHERAPY OR BIOPSY?

- 6 hours after cryotherapy or biopsy, you can take 2 Ibuprofen tablets.
- It is normal to have brown or clear vaginal drainage for the next 2-3 weeks.
- **AVOID** sexual intercourse for 3 weeks after treatment to prevent a serious infection.
- If you cannot avoid sexual intercourse use a **CONDOM**.
- **VISIT** the clinic if you have fever, heavy bleeding, severe pain, or bad-smelling yellow drainage from the vagina.
- It is still possible to develop cervical cancer after cryotherapy. You should have a doctor's exam in **1 year**.