

**BRENNAN OB/GYN ASSOCIATES, P.C.**

**Obstetrics and Gynecology**

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**POST COLPOSCOPY INSTRUCTIONS**

1. No douching, no tampons, no intercourse for one week.
2. There will be a brownish-black discharge for approximately one week.
3. Notify you doctor if you have heavy bleeding; more than a periods worth.
4. Rest the day of the procedure. You can resume your normal activities, EXCEPT, for #1 the following day.