

CERVICAL POLYPS



BASIC INFORMATION

DESCRIPTION

Small, fragile, bulbous growths on stalks protruding through the cervix (lower third of the uterus) from the lining inside the uterus (endometrium). They may be single or numerous.

FREQUENT SIGNS AND SYMPTOMS

- Unexpected spotting of blood between monthly menstrual periods.
- Spotting of blood after sexual intercourse or bowel movements.
- Vaginal discharge.

CAUSES

Cervical polyps are caused by cervix inflammation from infection, erosion or ulceration. They frequently accompany chronic infections in the vagina or cervix, although they are not contagious. The small growths are usually benign, but in very rare cases, they represent early cancer of the cervix.

RISK INCREASES WITH

- Diabetes mellitus.
- Recurrent vaginitis or cervicitis.

PREVENTIVE MEASURES

To prevent vaginal or cervix infections that can precede cervical polyps:

- Wear cotton underpants or pantyhose with a cotton crotch to prevent accumulation of excess heat and moisture, which can make you susceptible to vaginal and cervical infections.
- Avoid contracting sexually transmitted diseases by having your sexual partner wear a condom during intercourse.

EXPECTED OUTCOME

Usually curable with minor surgery. You may feel brief, mild pain during the procedure and have mild to moderate cramps for several hours. Spotting of blood from the vagina may occur for 1 or 2 days.

POSSIBLE COMPLICATIONS

- Bleeding and some mild pain with removal of the polyps.
- In very rare instances, cervical polyps may become malignant.



TREATMENT

GENERAL MEASURES

- Surgery to remove cervical polyps with a wire snare, electrocautery or liquid nitrogen. This can often be done in a simple office procedure. The cervix may be cauterized after removing the polyp to prevent regrowth of the same or another polyp.
- Don't douche unless it is recommended.
- Use small sanitary pads to protect your clothing from creams or suppositories.
- A polyp that accompanies cervicitis (inflammation or infection of the cervix) may require more extensive surgery.

MEDICATION

Usually no medications are necessary for this disorder.

ACTIVITY

No restrictions. Delay sexual relations until a follow-up pelvic examination determines that healing is complete.

DIET

No special diet.



NOTIFY OUR OFFICE IF

- You have symptoms of cervical polyps.
- The following occur after treatment:
 - Discomfort persists longer than 1 week.
 - Symptoms recur.
 - Unexplained vaginal bleeding or swelling develops.