

## Consent for biopsy of the vulva

Patient label

Dear Patient,  
welcome to our Vulvoscopy Clinic.

Your gynaecologist has referred you to our institution for a biopsy, followed by histopathologic (microscopic) examination.

### **What is a biopsy of the vulva?**

A small piece of tissue is removed.

### **Why do you need a biopsy of the vulva?**

You may have complaints in the vulvar area and/or your gynaecologist diagnosed an abnormal finding in that region. Only a biopsy with subsequent histopathologic examination will enable us to make a definite diagnosis.

### **How should you prepare yourself for a biopsy?**

Your pubic hair should be removed prior to examination either by shaving (self-administered or by a professional) or by a specific hair removing ointment. Removal should take place one week prior to examination. Thus, small cuts from shaving will have had time to heal ahead of our evaluation. The day before biopsy the skin in the genital area should be washed.

On the day of the biopsy you should wear comfortable clothes and underwear which allows to apply light pressure on the dressing covering the biopsy site.

You should bring your signed consent form and ask questions about any remaining uncertainties.

### **How will the biopsy be performed?**

If feasible, you can bring an accompanying person.

You will undergo a normal gynaecologic examination.

The biopsy site will be disinfected and local anaesthesia will be administered with a small needle. The needle puncture and injection of the anaesthetic solution will cause a slight pain for a few seconds.

A biopsy of 3 -5 mm in diameter and of 3 - 5 mm depth will be obtained using a circular punch device. Haemostasis will be achieved by applying ferric-subsulfate paste (Monsel's solution). Sometimes it is necessary to apply bipolar coagulation or suture to achieve haemostasis.

The duration of the procedure is usually between 10 and 15 minutes.

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### **How should you conduct yourself after the biopsy?**

You can drive your car or use public transport. At home you should rest for a few hours and abstain from heavy work for the rest of the day.

Each time after using the toilet, you irrigate the biopsy site with a handful of lukewarm water and then proceed to dry the skin with a hair dryer on mild temperature. Afterwards, you can apply regular skin ointment.

Healing will take several days. The biopsy site will be tender and you may experience some burning while passing urine.

Vigorous movements while running, cycling or horse riding should be avoided for a few days, since these actions may prolong the wound healing process.

Sexual intercourse and swimming can be initiated when the biopsy site feels normal again.

### **Which risks and complications are associated with biopsy of the vulva?**

□ Scar formation

The biopsy site will result in a small scar.

□ Bleeding

The biopsy always leads to bleeding, which will be stilled during the procedure. Rarely there will be postoperative bleeding, usually within 24 hours and mainly in women undergoing anticoagulation therapy. In this case, you should rest and put pressure on the wound for 15 minutes using dressing or a pad. If the bleeding doesn't stop, you should call our 24 hour hotline to visit an emergency department in the nearest hospital.

If you are currently taking any anticoagulation treatment (e.g. Aspirin, Marcumar), please give us this information prior to the procedure. This is no contraindication for biopsy, but we will take specific precautions in order to avoid postoperative bleeding.

□ Infection

Since the vulvar area is colonized by bacteria, the biopsy site may become infected. This may cause pain, redness, fever and/or oozing. Please contact our 24 hour hotline if this occurs and we will examine the biopsy area as soon as possible.

### **When will you get the results of the biopsy and advise for further treatment?**

Please arrange an appointment with your gynaecologist two weeks after the biopsy. All our findings and recommendation will be available at this point and can be discussed with your gynaecologist.

**After reading this information you may have additional questions which you can discuss with the gynecologist prior to examination and biopsy.**

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**Your questions prior to consultation**

Here you can write down your questions you want to ask prior to the examination and biopsy.

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**Annotations concerning the consultation by the gynaecologist**

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I have read the consent form for the biopsy. In the conversation with the gynaecologist I was able to ask all questions of interest and all questions were answered understandably and sufficiently. At present, I have no further questions and feel well informed about the examination. I've carefully considered my decision and do not need any further time to reflect. I freely give my consent to perform the examination and the vulva biopsy.

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Place, Date, Time

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Signature of **patient**

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Place, Date, Time

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Signature of **gynaecologist**

*Practice stamp*

*This document is stored in digital form in the patient's card.*