

# Cervical Polyp

*Patient Information Series – What you should know, what you should ask.*

## **What is a cervical polyp?**

The uterine cervix is a tube-like channel that connects the uterus to the vagina. Cervical polyps are growths that usually appear on the cervix or in the endocervical canal. Polyps are usually cherry-red to reddish-purple or grayish-white. Most polyps are small, about 1 - 2 centimeters long. They're most common in women in their 40s and 50s who've had more than one child. Cervical polyps are usually benign and can occur alone or in groups.

## **Which are clinical symptoms?**

Most cervical polyps are asymptomatic. The most frequent clinical symptom is vaginal discharge. Less frequent is irregular bleeding. If you experience bleeding after sexual intercourse or postmenopausal bleeding, you should arrange to visit your doctor.

## **How do I know if I have a cervical polyp when I have no symptoms?**

Cervical polyps may be detected during routine gynecological examinations, transvaginal gynecological ultrasounds, or other routine tests, e.g., ample colposcopy or hysterosalpingogram.

## **Should I have more tests done?**

In case of suspicion during the gynecological examination or transvaginal ultrasound the gynecologist may consider proceeding with a sonohysterography (instillation of saline or gel into the uterine cavity during scanning) or hysteroscopy (a procedure used to examine the inside of the uterus).

## **What is the best treatment?**

Obtaining the histology on cervical polyps is recommended depending on patient symptoms, menopausal status, polyp size, and ultrasound features. The most accurate method to remove cervical polyps is a hysteroscopy. It is safe, easy and can be performed as an outpatient procedure even when local analgesia is required.

## **Will it happen again?**

Yes, if you've ever had polyps, you're at increased risk of developing them again. Getting regular pelvic exams helps ensure finding any growths early in their development.

# Cervical Polyp

*Patient Information Series – What you should know, what you should ask.*

## **What other questions should I ask?**

- Does this look like cancer?
- How big does the polyp seem to be?
- How often will I have gynecological examinations after treatment?
- Is polyp removal during the pregnancy available?
- What are the other causes of vaginal bleeding?
- Are there any other options if I don't want to undergo hysteroscopy?
- What are the complications after treatment?
- Where is the best place for me to receive treatments?

*Last updated May 2022*