

## References

NHSCSP 20 Colposcopy and Programme Management 3rd Edition 2016

NHSCSP Publication 27 Improving the quality of the Written Information Sent to Women about Cervical Screening 2006

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team at [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

# Colposcopy Aftercare Information

Gynaecology Departments

[www.ulh.nhs.uk](http://www.ulh.nhs.uk)

## Your colposcopy procedure – Loop excision of the cervix (LLETZ)

The treatment that you have had today is called loop excision of the cervix (LLETZ). During the procedure we used an electric wire to remove abnormal tissue from your cervix.

### What are the benefits of having this procedure?

This procedure removes the abnormal cells from your cervix, which helps to reduce the risk of cervical cancer developing in the future.

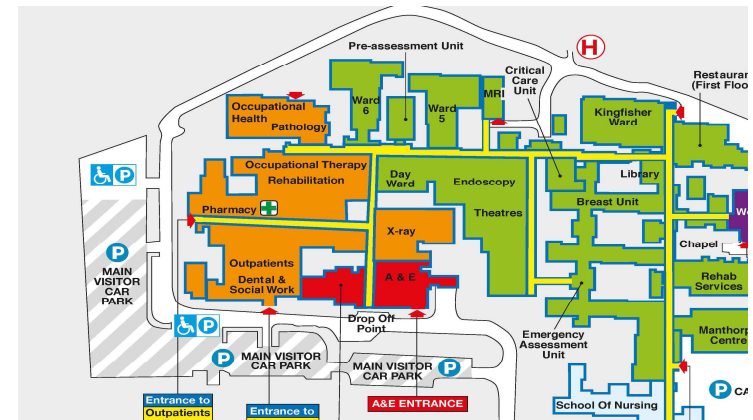
### What should I normally expect after the procedure?

You may feel discomfort, a bit like period pain, for a few hours after the procedure. You should take your normal painkillers to ease this pain, but do not take more than the recommended dose.

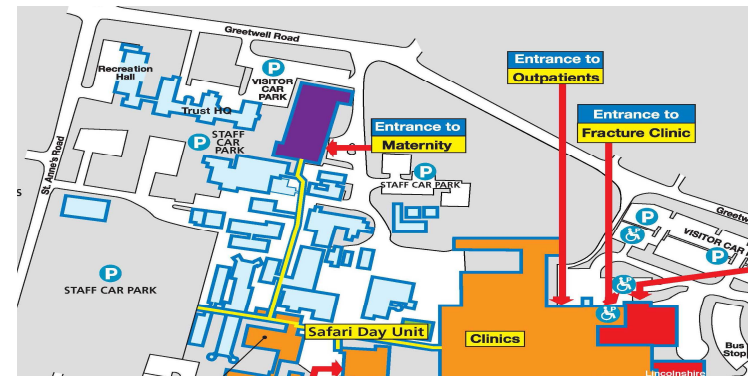
Usually, you will have a brown or red discharge from your vagina for two to four weeks after you have the procedure. Do not worry if you do not have any discharge or if the discharge continues slightly longer than four weeks, as everyone's cervix heals differently.

Do **not** use tampons for at least four weeks after the procedure, or until the discharge stops. Instead, use pads or panty liners. You can have a bath or shower as normal.

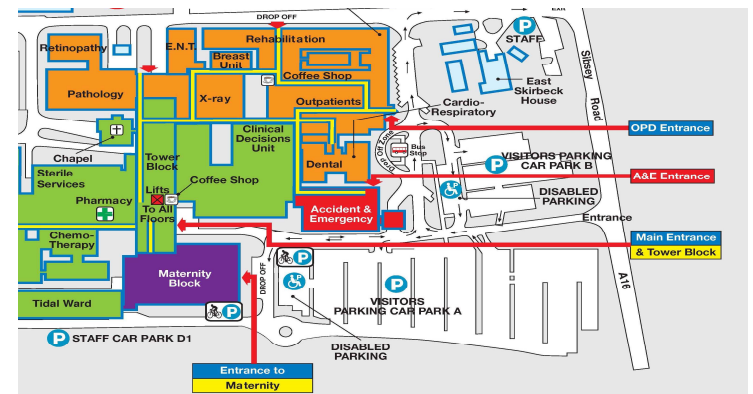
Your periods may be different straight after the treatment, but should soon settle into their usual pattern.



Grantham Hospital



Lincoln County Hospital



Pilgrim Hospital

## Contact details

If you have very heavy bleeding other than your period you can contact the gynaecology unit for advice 24 hours a day.

If you have any questions or concerns, please contact the relevant hospital on:

Lincoln/Grantham    Branston Ward  
01522 573132  
8:00am to 5:00pm, Monday to Friday

Boston                Ward - 1B Women's Health  
01205 445432

For any questions regarding results or appointments, please contact the Secretary, although please be aware that results cannot be given over the telephone :

Lincoln                01522 573214  
Grantham            01476 464356  
Pilgrim                01205 445415

For your information: site maps of Grantham, Lincoln and Pilgrim Hospitals are located on Page 7 of this leaflet.

Please Note: Clinics at Lincoln and Pilgrim Hospitals are located in the Maternity Wing. The Clinic at Grantham Hospital is located in the Endoscopy department.

## Are there any risks to this procedure?

Complications are very rare, but you may get an infection in the area we took the piece of tissue from. If this happens, you may need to take antibiotics.

### Symptoms of an infection:

- High temperature or strong-smelling discharge.
- Pain. You should take your normal painkillers to ease this pain, but do not take more than the recommended dose.
- A large amount of bleeding (heavier than your usual period). We usually stop any bleeding during the procedure. If the bleeding is heavy, we may need to use a stitch and a vaginal pack (a bandage placed in the vagina). If we need to give you a stitch, you may have to have a general anaesthetic. If this happens, you may need to stay in hospital overnight to make sure the bleeding settles.

If you develop an infection, this could happen immediately after treatment or any time within the next 14 days. If you have any of the above symptoms, it is very important that you contact your family doctor or the colposcopy clinic for advice, as you may need another examination or antibiotics.

### Other rare complications

You may have a slightly higher risk of having premature babies, but this is extremely rare and is usually with repeat treatment. Stenosis – this is where the opening at the neck of the womb becomes narrow.

## **Returning to normal activities**

You should be able to return to work and normal activities the day after you have your procedure. You should avoid intense exercise or lifting anything heavy for a day or so after the procedure. We recommend that you do not have sex or go swimming until the discharge stops, to allow the area to heal.

We will be writing to your GP to tell them that you have had this procedure.

You will need to have follow-up cervical screening tests to check if the treatment has been successful. It is very important that you have these tests.

We will send you a letter with your results and details of your next cervical screening test. If you do not receive this letter within eight weeks of your last visit to the clinic, please contact us.

## **After Diathermy to the cervix**

You can continue with normal day to day activities straight after treatment. You will probably have a discharge for a week or two afterwards. You should not have any bleeding. It is advisable to avoid sexual intercourse for 2 weeks. Tampons should be avoided until after your next period.

In the unlikely event that you feel ill, experience lower abdominal pain or notice an offensive vaginal discharge you should consult your own doctor.

Following treatment we will discharge you back to your own GP.

## **After punch biopsies of the cervix**

It is likely that you will have a blood stained discharge for a few days after the biopsy. It is advisable to avoid sexual intercourse and using tampons for 4 days.

The reason that the biopsy was taken was to help the colposcopist make a diagnosis. In many cases the results show minor abnormalities which will return to normal without treatment. In this case you will be discharged to your GP for cervical screening tests (smears).

Depending on the result of the biopsy you may need to have some treatment. The colposcopist will write to you and your GP when the results are available and let you know if any treatment or further appointments are required. An appointment is usually sent with your results letter.