

Colposcopy

Information for Patients Following LLETZ (Large Loop Excision of Transformation Zone)

Today you have had treatment known as LLETZ to remove an abnormality on your cervix (neck of the womb.)

This leaflet gives you information about what to expect after the treatment and in the future.

What to expect after treatment

The rate of healing following LLETZ can differ from person to person. Most women can return to their normal activities the same day, including light exercise. We recommend that you can return to work depending on how you feel, taking into consideration the demands of your job.

The cervix should heal completely within 6 weeks. In the first 4 weeks following treatment, you should use sanitary towels only and not have sex to help prevent infection and allow the cervix to heal. You can shower or bath as normal but avoid swimming for 4 weeks.

You may have bleeding, like a period for the first week. This will be followed by a blood-stained brownish discharge which may continue for up to 3 weeks and can sometimes become watery and yellowish in colour. This is part of the natural healing process and varies from woman to woman. However, if the bleeding and discharge becomes excessive (not a period) or smells very unpleasant and you have pain in your lower abdomen that does not get better with simple pain relief, please contact your GP for advice. You may need treatment with antibiotics.

If you have any pain this should be mild, like period pains. Pain relief such as paracetamol or ibuprofen should help.

Periods

Your next period should be normal although may be heavier than usual. You may notice a temporary change in your menstrual cycle, if this continues to be a problem, please discuss with your GP.

What can I do or not do after LLETZ treatment?

Do not:

- have sexual intercourse for 4 weeks
- use tampons for 4 weeks and until any discharge has stopped, whichever is longer
- swim for 4 weeks
- use vaginal douching (washing out)
- take part in strenuous exercise for 2 weeks

You can:

- have a bath or shower from the day of your treatment
- return to work if you feel able
- wear sanitary pads until the bleeding and vaginal discharge stops
- take pain relief when needed

Results

The abnormal tissue removed from your cervix will be sent to the laboratory for further tests. The results will be sent to you and your GP in 4 - 6 weeks, together with information about any follow-up that may be needed.

Follow up cervical screening and Human Papillomavirus

Follow up cervical screening and Human Papillomavirus (HPV) testing. In 90 - 95% cases, a single treatment is effective at removing the abnormal cells however, some women will find the abnormal cells continue to develop despite the treatment and a repeat treatment may be needed. Because of this, follow up cervical cytology tests are very important to make sure you have been successfully treated.

Everyone who has had LLETZ treatment will need to have a cervical screening test 6 months after their treatment. The cells taken from this test will look for evidence of High Risk (HR) HPV that can cause cervical cell changes.

Pregnancy

This treatment should not affect your ability to become pregnant. However, some studies have suggested treatment may slightly weaken the cervix and can slightly increase the risk of premature delivery. We therefore consider that one loop diathermy treatment is unlikely to influence fertility or increase preterm labour. If you become pregnant after this treatment, we advise you to inform your GP and midwife that you have had LLETZ treatment

Contact

If you should have any questions following treatment, please contact the colposcopy administration team on 01484 355792

If you have any comments about this leaflet or the service you have received you can contact :

Colposcopy

Telephone: 01484 355792

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"