



Saint Mary's Managed Clinical Service
Division of Gynaecology

PATIENT INFORMATION LEAFLET

ABOUT YOUR COLPOSCOPY TREATMENT

This leaflet aims to give you some general information to help answer some of the questions you may have. It is intended as a guide and there will be an opportunity for you to talk to your nurse or doctor about your care and treatment. By understanding more about what is happening, we hope that you will feel less anxious when you come to our clinic.

WHY DO I NEED TREATMENT?

Following your recent cervical screening test or colposcopy examination you have been advised that you require treatment to abnormal cells on your cervix. This **does not** mean that you have cancer, but the cells are reporting an abnormality known as Cervical Intraepithelial Neoplasia (CIN), which are pre-cancerous changes.

There are three grades of CIN: 1, 2 and 3. Your own results will be discussed with you when you come to the clinic. The aim of the treatment is to remove all the area of abnormality to prevent them becoming problematic in the future.

WHAT TREATMENTS ARE AVAILABLE?

The majority of treatments are carried out as out-patient procedures.

There are four methods of treatment used in this clinic:

1. Large Loop Excision of the Transformation Zone (LLETZ)

This technique uses an electrically heated fine wire loop to remove the abnormal tissue from your cervix. The piece of tissue is then sent to the laboratory.

2. Laser Ablation

A laser beam is directed on to the area of the cervix which requires treatment. The laser energy vaporises the tissue, to destroy the abnormal cells. It is necessary to protect the eyes from laser beams, so goggles are worn by yourself and the clinicians during the procedure.

3. Cold Coagulation/Ball diathermy

This involves a small, heated probe being placed onto the cervix to destroy abnormal cells.

4. Diagnostic Large Loop Excision of the Transformation Zone (Diagnostic LLETZ)

Sometimes it is not possible to visualise all the areas of the cervix that we need to, it may be advisable to perform a diagnostic treatment called a diagnostic loop excision. This will allow us to adequately sample the areas that cannot be seen and aims to remove any abnormality that might be present. The reasons for this will be discussed with you.

Your colposcopist will discuss with you what the most appropriate treatment is for you, and this depends on your individual case.

Treatment cannot be performed if there is a risk of pregnancy, therefore please use a reliable method of contraception or abstain from sex prior to your appointment.

WHAT HAPPENS WHEN I COME FOR TREATMENT?

Treatment is similar to the colposcopy examination which you may have already had. The treatment takes between 10-20 minutes, but you should allow approximately half an hour for the whole visit.

You are welcome to bring somebody with you, they can stay with you throughout the procedure if you wish.

You will be asked to undress from the waist down in a private changing area. Treatment is relatively painless as a local anaesthetic is given before treatment is commenced.

The local anaesthetics which are used are called Citanest 3% with Octapressin or Lignospan Special. These are the same anaesthetics used by dentists. They are not currently licensed for use in the cervix but are widely used and accepted as the local anaesthetics of choice for this purpose. You will be informed which local anaesthetic will be used for your treatment. Please speak to your colposcopist if you have any concerns about this.

You may drive following treatment unless advised otherwise by the colposcopist.

WHAT HAPPENS AFTER TREATMENT?

In most cases, individuals feel absolutely fine following their treatment, but you may wish to take the day off work if you can. You may experience a period type pain; this is the womb contracting in response to the treatment. You can take pain relief as you would normally take for period pain.

You may have a red/brown discharge followed by a watery loss for 2-4 weeks following treatment. This discharge should not be excessive or offensive; if it is it could be a sign of infection and you should contact the clinic.

The use of tampons and menstrual cups should be avoided for 4 weeks to reduce the risk of infection and allow the cervix to heal; sanitary pads should be worn instead.

Avoid having sex for 4 weeks following treatment. By this time the cervix should have fully healed.

It is recommended that water does not enter the vagina for at least 2 weeks. Therefore, please avoid swimming, using hot tubs or having a bath. You should shower as normal but try to avoid the use of

vaginal deodorants and heavily perfumed soaps as these may cause irritation and increase the risk of infection.

You may continue with other normal activities but should avoid strenuous exercise for 2 weeks.

Due to the risk of bleeding and/or infection, we advise you not to travel abroad or for long distances for up to 4 weeks following treatment.

RESULTS

Results and a follow up appointment, if required, will be communicated to you in writing, usually within 6 weeks following your treatment. Please note that results are usually not available until this point.

WHAT ABOUT GETTING PREGNANT?

Treatment will not affect your future fertility and will not increase the risk of miscarriage. However, there is a slightly increased risk of premature labour in individuals who have had a LLETZ.

About 2 in 100 (2%) people who become pregnant following a LLETZ will give birth before 37 weeks because of the treatment. About 98 in 100 (98%) people will not give birth prematurely because of treatment. The risk of preterm delivery will increase if you have had more than one LLETZ treatment.

Individuals who have undergone two or more LLETZ treatments will usually be seen in pregnancy by their obstetrician to assess the risk of premature labour. Individuals who meet these criteria and are under the care of Saint Mary's Hospital for their antenatal care may be referred to the pre-term labour clinic for cervical length scans. It is important that abnormal cells are treated in the appropriate way, but please be reassured that consideration of the impact on future pregnancy is an important aspect of care.

It is advisable to wait until you have had your treatment before trying to conceive as treatment cannot be carried out if you are pregnant.

FOLLOW UP

In most cases, you will require a cervical screening test in six months' time, and this will be confirmed in writing once your results are available. This will test for the Human Papillomavirus (HPV). If HPV is not detected, you are considered to be at low risk of developing further abnormalities in the near future and you can therefore return to routine cervical screening (every 3 years).

If HPV is detected, then you will return for a colposcopy examination. This does not necessarily mean you will require further treatment.

YOUR APPOINTMENT

- You should not attend if you are on a period. Please ring the clinic and ask for another appointment.
- You should tell the doctor or nurse if you think you may be pregnant or if you are pregnant.
- It would be helpful if you could bring a sanitary pad with you.

- It is very important that you let us know if you cannot attend so that your appointment can be given to someone else.
- If you have any queries, please telephone the department and a member of staff will be pleased to help you.

FURTHER INFORMATION

If you require any further information or clarification of terminology, please do not hesitate to talk to one of the doctors or nurses, who will be happy to discuss your concerns with you.

ADDITIONAL SUPPORT/ REASONABLE ADJUSTMENTS

Please inform us if you require additional support to attend this appointment or whether there are any reasonable adjustments that we can put in place to make the appointment easier for you.

Further information regarding your Colposcopy appointment can be found on our website, please visit: <https://mft.nhs.uk/saint-marys/services/gynaecology/colposcopy/>

إذا لم تكن الانجليزية لغتك الأولى، وكنت تحتاج الى المساعدة، يرجى الاتصال بفريق الحجز للتنظير الداخلي على الرقم

0161 701 4455

يمكن ايجاد معلومات أخرى بخصوص موعد التنظير الداخلي على الموقع الالكتروني <https://mft.nhs.uk/saint-marys/services/gynaecology/colposcopy/> للحصول عليها

Jeśli język Angielski nie jest Twoim językiem ojczystym i potrzebujesz pomocy, skontaktuj się z rejestracją badania kolposkopowego pod numerem telefonu 0161 701 4455.

Więcej informacji na temat wizyty badania kolposkopowego można znaleźć na naszej stronie internetowej pod adresem: <https://mft.nhs.uk/saint-marys/services/gynaecology/colposcopy/>

如果英语不是您的第一语言，并且您需要帮助，请致电0161 701 4455联系阴道镜检查预约团队

有关您的阴道镜检查预约的更多信息，请访问我们的网站: <https://mft.nhs.uk/saint-marys/services/gynaecology/colposcopy/> 了解详情

اگر انگریزی آپ کی مادری زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے، براہ مہربانی کولپوسکوپ کی بکنگ کرنے

پر ربطہ کریں 0161 701 4455 والی ٹیم سے

آپ کی کولپوسکوپ کی ملاقات کی مزید معلومات ہماری ویب سائٹ پر دیکھی جا سکتی ہیں، براہ مہربانی اس تک

رسائی کے لئے <https://mft.nhs.uk/saint-marys/services/gynaecology/colposcopy/>

ملاحظہ فرمائیں

CONTACT DETAILS

SAINT MARY'S HOSPITAL, OXFORD ROAD:



To cancel/change appointments or to enquire about your results contact:

(0161) 701 4455 (option 5) Secretaries (08:30 – 17:00)



For non-urgent clinical advice within hours, please contact the Nurse Colposcopists located at Saint Mary's Hospital, Oxford Road

(0161) 276 5485 (08:00 – 17:00)



Urgent clinical advice or advice out of hours please contact the Emergency Gynaecology Unit (EGU) located at Wythenshawe Hospital

(0161) 291 2561 (24 hours; 7 days)

LILAC CENTRE/WOMEN'S INVESTIGATION UNIT, NORTH MANCHESTER GENERAL HOSPITAL:



Lilac Centre/Women's Investigation Unit (WIU)

North Manchester General Hospital

(0161) 720 2757/2755 – Admin Team (08:00 – 17:00)



Urgent clinical advice or advice out of hours please contact the Gynaecology Assessment Unit (GAU/F5) - located at North Manchester General Hospital

(0161) 720 2010 GAU Reception/ (0161) 604 5130 GAU Nurses

Monday & Friday - 07:30 – 20:30

Saturday & Sunday - 08:30 – 16:30

Outside these hours, please contact A&E or Emergency Gynaecology Unit (EGU) at Wythenshawe Hospital (see above)

USEFUL RESOURCES



Jo's Trust <https://www.jostrust.org.uk>



NHS Choices <https://www.nhs.co.uk>