



**Saint Mary's Managed Clinical Service  
Division of Gynaecology**

**PATIENT INFORMATION LEAFLET**

# **CRYOCAUTERY TO THE CERVIX**

This leaflet aims to give you some general information about Cryocautery to the Cervix and help answer any questions you may have.

It is intended only as a guide and there will be an opportunity for you to talk to your nurse and doctor about your care and treatment.

## **WHAT IS CRYOCAUTERY?**

Cryocautery involves temporarily freezing the cervix (neck of the womb) with a metal probe for 1 - 2 minutes.

It is sometimes used to treat mildly abnormal cells on the cervix but more often used to treat excessive vaginal discharge or bleeding after sexual intercourse (post coital bleeding).

## **WHAT CAUSES MY SYMPTOMS?**

Post coital bleeding (bleeding after having sex) and excessive discharge are usually caused by a normal physiological process affecting the cervix whereby the more delicate cells of the neck of the womb become exposed and roll out onto the surface of the cervix. This is called an ectropion or ectopy and is completely normal. These cells are more likely to bleed during sex or whilst taking a cervical screening (if you are old enough to have commenced cervical screening via the NHS Cervical Screening Programme). Their job is also to produce mucus to lubricate the vagina so if these cells are more exposed you may notice an increase in discharge.

## **WHY DO I NEED CRYOCAUTERY?**

Freezing this area on the cervix promotes the growth of the less fragile, thicker tissue which is less likely to bleed during sex or produce excessive discharge. It is an effective, quick, and simple method, and will not affect future fertility.

## **WHAT HAPPENS DURING THE PROCEDURE?**

A speculum will be inserted into the vagina so that the cervix can be clearly seen. A cold metal probe will be placed onto the cervix for 1- 2 minutes. The procedure may cause period type pains, and these may last for the rest of the day. Approximately 1 in 3 individuals report having some pain after this type of treatment. Simple pain-relieving medications such as Paracetamol or Ibuprofen usually help, and it is recommended to take them prior to your appointment.

You are welcome to bring your partner, relative or a friend with you.

## **WHAT SHOULD I EXPECT AFTERWARDS?**

As no anaesthetic is required, you can go home straight afterwards or as soon as you feel able. You can drive or take public transport.

It is normal to experience a heavy watery discharge for the first few days. This watery discharge may last for 2 - 4 weeks and may change from pink to brownish in colour.

To minimise the risk of infection and other complications during the first 4 weeks, you must:

- Use sanitary towels and not tampons or menstrual cups.
- Avoid sexual intercourse.
- 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.

If you have any of the following symptoms, you should contact the department where the treatment was performed or an out of hours service, contact details are at the end of the leaflet:

- A smelly discharge.
- Fever or high temperature.
- Heavy vaginal bleeding.
- Severe abdominal pain.

## **WILL I NEED A FOLLOW-UP APPOINTMENT?**

It will be up to the clinician as to whether you need to be seen again in clinic and an appropriate appointment will be given to you. If your treatment is for abnormal cells, it is very important that you attend any follow-up appointments made.

## **CONTRACEPTION**

We do not recommend this procedure if you are pregnant. You must therefore continue your contraception before and after this procedure.

## **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, including 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/> to access this.

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

[للحصول عليها https://mft.nhs.uk/saint-marys/services/gynaecology/colposcopy/](https://mft.nhs.uk/saint-marys/services/gynaecology/colposcopy/)

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

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

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 (WIU):

#### 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>

