

Department of Gynaecology

Loop diathermy aftercare

Name:

Address:

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Useful numbers:

Colposcopy co-ordinators: **01223 216603**

Colposcopy nurse practitioner: Mrs Kay Sonnex: **01223 348203**

Nurse colposcopist: Sister Joyce Eletu-Odibo: **01223 256139**

The nurse in clinic will have explained the procedure with you and gone through this leaflet. Please read it again when you get home.

The technical term for pre-cancerous cells is Cervical Intraepithelial Neoplasia (C.I.N.). There are three grades according to the degree of change: The cells that are being looked for following your treatment are described below.

- C.I.N.1 means that only a third of the cells in the affected area are abnormal.
- C.I.N.2 means that up to two thirds of the affected area is abnormal.
- C.I.N.3 means that all the cells in the affected area are abnormal.

If any biopsies have previously been taken they will have shown which grade of C.I.N. is present. The specimen removed today will be sent to the laboratory for assessment and to make sure all the affected area has been removed.

Only very rarely will a biopsy or treatment show cell changes that have already developed into cancer.

Surgery and more extensive treatments are generally used to treat cervical cancer.

Other relevant information

95 per cent of women never need any further treatment.

CIN appears to be related to sexual intercourse. There is also a link with the human papilloma (wart) virus. **Women who smoke are known to be at much greater risk of developing C.I.N. than non-smokers. If you have an abnormal cervical sample and smoke, we can refer you to Cam Quit.**

Loop treatment (LLETZ) has shown to be associated with a small increased risk of pre-term delivery and low birth weight in subsequent pregnancies. However, this very small risk is more than outweighed by the benefits of removing the abnormal cells from your cervix which if left untreated are at risk of developing into cancer in the future.

If you have any concerns regarding this please discuss them with your colposcopist.

Aftercare

You will have a blood stained discharge for approximately two-three weeks. Please use pads not tampons until the discharge has finished.

You may have bleeding today and at any time during the next three to four weeks, especially around the seventh to twelfth day when pieces of scab may be shed. If your period is not due and the bleeding becomes heavier than a normal period you should telephone Daphne Ward on 01223 217636 or L4 01223 348500 (after 20:00 and at weekends).

Avoid heavy lifting for at least 24 to 48 hours after treatment if possible. Other normal activities including light exercise may continue.

If for any reason the discharge becomes foul smelling, please contact your GP.

You should abstain from intercourse for three to four weeks. This is to prevent infection and further bleeding.

Abdominal pain is not usually a problem when the local anaesthetic wears off but your normal painkillers may be taken if necessary.

Please try and rest today, it is not unusual to feel tired, low and tearful for a few days.

If you would like to speak to the nurse colposcopist you are very welcome to telephone Monday to Friday between 12:45 and 15:00 on 01223 216603.

There is a risk of heavy bleeding following the treatment. In view of this we usually advise that you avoid going abroad for three weeks following treatment. There are no known health grounds for avoiding travel following treatment however, medical attention for complications arising from the treatment may not be covered by insurance and you are advised not to go swimming for at least two weeks.

Follow up

A letter will be sent with your results and follow up arrangements. You should receive this within approximately four weeks.

If you have not received the expected letter or appointment within six weeks please telephone the colposcopy co-ordinators on: 01223 216603. Results will **not** be given over the phone.

If you are unable for any reason to come on the appointment date given it is absolutely essential that you telephone the clerical co-ordinator on: 01223 216603 8:00 until 10:00 Monday to Friday. If you do not contact us the appointment is wasted and another patient is denied the opportunity of attending.

Please telephone if your name, address or GP have changed since your last visit.

Websites

www.cancerscreening.nhs.uk/cervical

www.bsccp.org.uk

www.jostrust.org.uk



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk



Document history

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