

PATIENT INFORMATION

COLPOSCOPY SERVICE TREATMENT LEAFLET



Patient Information

Colposcopy Service – Treatment Leaflet

Treatment

- The procedure is called a large loop excision of the transformation zone, and it usually takes approximately 10-15 minutes
- The treatment involves removing abnormal tissue from your cervix (neck of the womb)
- **These abnormal cells are unlikely to be cancerous but if left untreated, they can go on to develop into cancer of the cervix.**
- A local anaesthetic is given to the cervix before the procedure. Although local anaesthetic is used you may feel some discomfort.
- **If you have a coil insitu (IUCD) this could be removed at the time of treatment. However, treatment could be performed with the coil in situ. This will be discussed at your visit.**
- **It is important that you use a barrier method of contraception or avoid sexual intercourse for ten days before treatment.**
- Treatment will not affect your future fertility but in some cases may slightly increase the risk of an early birth in any future pregnancies.
- We would advise you to bring a friend/partner to accompany you and drive you home.
- **If you have a holiday booked during the 4 weeks after this procedure or your period is due at the time of the procedure, please contact your colposcopy clinic.**

After your treatment

It is important to allow the cervix to heal so here are a few Do's and Don'ts

Discomfort

You may experience period like pain. Painkillers such as Paracetamol and/or Ibuprofen would be suitable. Please check that you have no allergies to these drugs and do not exceed the recommended dose.

Vaginal Discharge

You may have a blood-stained discharge for about 2 – 4 weeks whilst the cervix heals. Some women and people with a cervix notice a brown/black watery discharge.

Infection

It is unusual to have an infection following this type of treatment but if you have an offensive (smelly) discharge or feel unwell please contact your own doctor as soon as possible for antibiotics.

Bleeding

Bleeding is unlikely to occur, but if you have a sudden heavy bleed (heavier than a normal period) contact your own doctor or attend the local Accident and Emergency department. Alternatively contact one of the numbers below.

Tampons/Sexual Intercourse

It is advisable during this time and during your next period, **not to use tampons**, use towels/pads and **not** to have sexual intercourse for at least 4 weeks. This is to allow the cervix to heal.

Exercise

Avoid excessive exercise immediately after treatment for a few days.

Swimming should be avoided until the discharge stops.

Follow –up

We will write to you and your GP with the results and follow-up plan within 4 weeks.

Contact details

If you have any specific concerns that you feel have not been answered and need explaining, you can contact the nurse colposcopists on the following numbers.

- The Alexandra Hospital (phone 01527 505739)
- Kidderminster Treatment Centre (phone 01527 505762)
- Worcestershire Royal Hospital (phone 01527 512003)

For out of hours or emergencies please contact

- The Emergency Gynae Assessment Unit, Worcestershire Royal Hospital (24 hours a day, 365 days a year) on 01905 761489

Other information

The following internet websites contain information that you may find useful.

- www.worcsacute.nhs.uk
Worcestershire Acute Hospitals NHS Trust
- www.patient.co.uk
Information fact sheets on health and disease
- www.rcoa.ac.uk
Information leaflets by the Royal College of Anaesthetists about 'Having an anaesthetic'
- www.nhsdirect.nhs.uk
On-line health encyclopaedia

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.