

PATIENT INFORMATION

# Advice following your colposcopy treatment



You have just had treatment to the neck of the womb (Cervix) using the loop diathermy machine in the colposcopy clinic. After your treatment, you may experience some of the following symptoms and may have some questions about your aftercare and what activities you should avoid. It is advisable that you take it easy and avoid heavy exercise for the first 24 hours.

If you continue to experience problems or are worried, please contact your GP or the hospital for advice. The colposcopy phone number is (0113) 2066424. Out of daytime hours, contact the gynaecology assessment unit on (0113) 2064156.

- (1) You may experience 'period like' discomfort. This usually settles after a few hours, however, pain relief such as paracetamol or ibuprofen should be taken to ease the discomfort. Do not take more than the recommended dose.
- (2) Vaginal discharge varies after treatment, and can last from a few days to 4-6 weeks. This loss may be red-brown initially, changing as healing takes place, before returning to your normal discharge. It is advisable to use sanitary towels for protection, avoiding tampons, to prevent introducing infection during the healing process. Heavy, fresh blood, immediately after treatment or within the first two weeks after treatment, should be regarded as abnormal. If this occurs, seek medical advice. Also, if you notice a smelly, offensive vaginal discharge, this could indicate an infection and you should contact your GP who may give you antibiotics.

- (3) Sexual intercourse should be avoided until your discharge has returned to normal.
- (4) Your next period may occur earlier than expected and should not be confused with post-treatment bleeding. It may be heavier and/or longer than usual – this is nothing to worry about.
- (5) Swimming is not recommended whilst experiencing the discharge.

You should receive a letter approximately 6 weeks after your treatment explaining the grade of abnormality removed, and whether the abnormality was seen to be completely removed. You will also be advised when to have your next smear (usually 6 months after treatment) and when to have your future smears.

The abnormality will be graded 1-3 and is termed CIN. Sometimes, due to destruction of tissue by the heat treatment, the lab are unable to say whether the abnormal area has been completely removed. If this is the case, the abnormality will almost certainly have been destroyed by the treatment, however, we will ask you to return to the colposcopy clinic for your first smear.