



Patient Information Leaflet

After care advice following loop excision of the cervix

Produced by:
The Colposcopy Department

Date: December 2017
Review due: December 2020

If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টেলিফোনে ইংরেজি কথা কতে জিজ্ঞাসা করুন এবং সাহায্য করুন

Loop excision of the cervix (neck of the womb) involves removal of an area of abnormal cells on the cervix. Once removed this is then sent to the laboratory for further testing.

Your procedure has been performed under local anaesthesia and you may prefer to have somebody to take you home afterwards.

We advise that you do not return to work on the day of your treatment. You will be able to resume work or normal activity the next day.

What to expect after the procedure:

- Vaginal discharge is common and may last up to 3 weeks. To begin with this may be heavily bloodstained but will ease off to a brownish discharge. If in days following the treatment your bleeding becomes significantly heavier or the discharge becomes smelly then contact the gynaecology team on the numbers given below.
- There is a small chance that the treatment may not remove all of the abnormal cells. If this is the case you will be monitored more closely after treatment by the colposcopy team.
- If you have some mild crampy pain afterwards this can be eased by taking mild painkillers.
- Intercourse should be avoided for at least 4 weeks or until the discharge has completely stopped.
- Your next period may be heavier or delayed. **Avoid using tampons** up to 4 weeks and use sanitary towels instead.

- You may shower but please **do not** take a bath or go for swimming until after the discharge has settled down, this may take 3–4 weeks.
- We will write to you with your results and follow up management **within 4–8 weeks**.

Please feel free to discuss any concerns you may have with the nurse looking after you.

THE ABOVE INFORMATION IS FOR YOUR GUIDANCE ONLY. IN THE EVENT OF ANY PROBLEMS WITH IN 10 DAYS CONTACT THE NUMBER BELOW, THEREAFTER CONTACT YOUR GP.

- 1) Between 9am – 5.30pm contact Carole Jones,
Gynae/Colposcopy Nurse Specialist **01983 552175**
(Please note this is also the number for the Early Pregnancy Unit)
- 2) After 5.30pm contact the on call Gynaecology Registrar (bleep 555) via the hospital switchboard bleep service **01983 524081**

Colposcopy clinic staff

Lead Colposcopy Consultant

Mr Q Warraich

Consultant

Mr A Green

Consultant

Mr N Kenney

Gynae/Colposcopy Nurse Specialist

Carole Jones

Staff Nurse

Kate Wheeler

Staff Nurse

Laura Macklin

Healthcare Support Worker

Angie Burns

Senior Colposcopy Secretary
and Administrator

Sue Mackett
(01983 534350)

Useful Weblinks

If you would like more information, you might find it useful to look at the following websites:

www.nhs.uk

www.bsccp.co.uk

www.cancerscreening.nhs.uk

www.jostrust.org.uk

What can I do to help my cervix?

Research has shown that cigarette smoking is strongly associated with the presence of abnormal cells on the cervix and to the persistence of these abnormal changes. We strongly advise women to give up smoking. For further help on this matter, please telephone Quit Line on **0800 1690169**.

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If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.