

Patient Information Following Loop (LLETZ) Biopsy of the Cervix

You have just had treatment to your cervix using a loop diathermy (a fine wire loop heated by electricity and guided around the abnormal cells on your cervix to remove them).

Important advice and guidance after loop treatment:

- You may experience period-like abdominal cramps/ tummy pain, which can last up to 48 hours after treatment. You can take simple pain relief medication such as paracetamol or ibuprofen, following the recommended dose on the packet.
- It is normal to experience vaginal discharge/bleeding – This varies after treatment and can last from a few days up to 4-6 weeks. The discharge is more watery than a period; usually with bright red, fresh blood staining, changing to a brownish loss as healing takes place before returning to your normal vaginal discharge.
- Your first period after treatment may arrive sooner than expected and be heavier than usual, especially if you are not using hormonal methods of contraception.
- It is advisable to take things easy in the first 24 hours after treatment. Normal daily activities, including light exercise (walking, cycling) may continue, however you should avoid strenuous exercise and heavy lifting for up to 2 weeks. You can shower as normal.
- You should feel well enough to drive home unless advised otherwise by the doctor or nurse in charge of your care.
- To avoid the risk of an infection developing in the wound we recommend you:
 - Avoid using tampons for 4 weeks
 - Avoid vaginal intercourse for 4 weeks
 - Avoid swimming baths, jacuzzies and spas for 2 weeks
- You may drink alcohol in moderation
- Although there are no known health grounds for avoiding travel after treatment; overseas medical attention for complications arising from the treatment may not be covered by your insurance. If you are planning to travel within 4 weeks of your treatment, please check your travel insurance policy.

Complications from Treatment

- **Wound infection:** If your vaginal discharge becomes smelly or offensive; you develop a temperature or feel generally unwell this could indicate you have an infection. Please contact your GP as you may need a course of antibiotics.
- **Heavy vaginal bleeding:** Can occur immediately after treatment or within the first 14 days of healing. This does not occur frequently but can be as a result of an infection. If you notice the bleeding is trickling constantly, enough to soak a sanitary pad every hour or less, then you need to seek medical attention. In office hours (between 08.30am and 5pm) you can call the Women's Unit for advice; alternatively, and out of office hours we recommend you attend your nearest emergency department (A&E) for review and treatment.

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Follow-up after Treatment

- The results from the loop biopsy will be sent to you and your GP within 4 weeks of your treatment.
- Most women are advised they will need a cervical screening test (smear) 6 months after the date of treatment. The test can be taken at your GP surgery unless we request that you attend the Women's Unit for follow-up. We will be clear about the follow-up arrangements when we write to you with your test results.
- We know from research undertaken in women after loop treatment that up to 80% of women will have a normal cervical screening test. Approximately 20% of women will, however, continue to test high-risk HPV positive after treatment, even if the cells on the cervix have returned to normal. If you continue to test positive for the virus after treatment you will be invited to attend the Womens unit for a further colposcopy. It is unlikely you will need more treatment, but it is important to check the virus has not triggered any more early abnormal cell changes before we recommend a return to a 3 yearly cervical screening interval.

Cigarette Smoking and HPV (Humanpapilloma Virus)

- There is clear medical evidence that cigarette smoking is strongly associated with persistent HPV infections leading to the development of abnormal cell changes in the cervix. As a result of this finding, we recommend that women who smoke should try to stop smoking. We realise this is difficult but advise you to contact your GP to access smoking cessation clinics or contact the **Smokefree National Helpline - 0300 123 1044**
- <https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>

Contact Information:

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| Womens Unit | 01423 554479 (Mon – Fri 08.30am – 5pm) |
| Emergency Dept | 01423 553300 (out of hours) |
| Littondale Ward | 01423 553650 (out of hours) |

Further information

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

If you require this information in an alternative language or format (such as Braille, audiotope or large print), please ask the Women's Unit staff who are looking after you.