

Patient information

Post-procedure advice following Large Loop Excision of the Transformation Zone (LLETZ)

You have just had a loop treatment to your cervix to remove a small area of abnormal tissue. The following notes are to help you understand what to expect following your treatment.

You should avoid using tampons for four weeks following treatment.

A variable amount of bleeding is common after treatment. It is generally no heavier than a heavy period and will usually lighten with rest. If the bleeding is heavier than your normal period and/or is bright red with clots, please contact your GP. There may be no bleeding: this is normal too.

Following treatment there may be some vaginal discharge which is blood stained, becoming darker in colour. The discharge may appear as a brownish watery loss. As the treated area heals, small black pieces may appear in the discharge. This can last between 1-4 weeks and you may need to use pads during this time. If the discharge becomes offensive or makes you sore, please contact your GP.

The local anaesthetic will wear off after several hours, it is advisable to take some pain killers such as Paracetamol or Ibuprofen when you get home. You may have some discomfort similar to period pains for the remainder of the day. This is quite normal.

Driving

Patients can drive following treatment unless advised otherwise.

Sexual activity / pregnancy

You should avoid sexual intercourse for 4 weeks after treatment, this is to reduce the risk of infection of the cervix while it is healing.

You should try and avoid becoming pregnant until you have had a negative smear result. This will be in 6-months' time.

Results

Following your treatment you will receive your results in the post in 3-4 weeks.

Follow-up

You will need a repeat cervical smear in 6 months' time, and this is usually carried out in the community at your GP practice.

Work / exercise

Following your treatment, normal activities including light exercise can continue. It is recommended that you avoid swimming for two weeks after treatment.

You may continue to shower or bath as usual. You may consume alcohol in moderation after treatment.

Pregnancy

Ideally it is best to wait until your first negative smear before trying for a pregnancy. A single standard LLETZ treatment is not associated with any increased risk of infertility or any increase in the incidence of premature labour and preterm pre-labour rupture of membranes. There may be an increased risk of a late miscarriage (one occurring after 12 weeks).

Periods

There may be a temporary change in menstrual pattern following at LLETZ procedure. If you are concerned see your GP who can refer you if necessary.

Travel

Although there are no known health grounds for avoiding travel following a LLETZ, overseas medical attention for complications arising from treatment may not be covered by your health insurance. If in doubt, please check with your insurance before you travel.

Who to contact for advice

If you have any questions or concerns about your treatment, please feel free to contact the colposcopy nursing staff: 01284 713601.

Out of hours, please contact your GP.

Links: www.bsccp.org.uk

If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>

