

Contact details:

- Colposcopy Clinic phone 631–0756 (weekdays 8.00am to 4.00pm)
- After hours phone 307 4949 and ask for the Women's Assessment Unit.

Please ring to speak to a gynaecology nurse if you have any worries or questions about your treatment.

The National Women's Health website has accurate and up to date information which you may find helpful.

www.nwhealthinfo.co.nz

You can find this leaflet in the [A-Z fact sheets](#) section



LLETZ treatment of the Cervix

Information for women

Tena koutou katoa, Kia orana, Talofa lava,
Malo e lelei, Fakaalofa lahi atu, Taloha Ni,
Ni Sa Bula Vinaka,
Greetings and Welcome to National Women's Health

Auckland District Health Board
National Women's Health

Introduction

This brochure is for women who have been recommended to have LLETZ (Large loop excision of the transformation zone) treatment to remove abnormal cells from their cervix. This is a method of treating the cervix, quickly and comfortably. It removes the abnormal area with an electrical wire loop. The removed area is then sent to the laboratory for further examination.

What does the treatment involve?

You may eat and drink as usual before coming to the clinic as you will be awake throughout your treatment. Your full visit may take up to one hour. It is a good idea to bring someone with you, as we recommend you do not drive for several hours following this procedure.

You will be in the same position as you were for your previous colposcopy. A plastic speculum will be inserted and an injection of local anaesthetic will be put into your cervix, so it will be numb while the treatment is being done. This may sting slightly, cause your heart to beat a little faster and make your legs feel shaky. These feelings pass within a few minutes and slow deep breathing will help you relax.

For safety a “return electrode adhesive pad” is applied to your upper leg (this ensures that the electrical current returns to the diathermy machine and doesn't give you a shock.)

The LLETZ machine can be quite noisy while your treatment is being carried out. Treatment takes 5 –

10 minutes. Please let us know if you feel any discomfort, as a minor adjustment to the equipment may help. A sanitary pad is provided at the end of the treatment for any discharge or bleeding. Sometimes a tampon is inserted. The nurse will advise you when you should remove this.

Once your treatment is finished you will be taken to rest in a lazy boy chair to relax with a warm drink. We suggest you remain here for at least 20 minutes and then check your sanitary pad for bleeding. If you are bleeding please tell the nurse. We suggest you try to have 1 or 2 days rest following treatment. This may mean taking some time off work and putting your feet up. Please phone the Colposcopy Clinic for your results after 3 weeks. You will receive an appointment for a follow up visit in 4 months time. It is important we see you for a follow up visit to check the cervix has healed and there is no further abnormality.

What to expect afterwards

You may have a watery discharge and some bleeding as well.

Sometimes the discharge contains black flecks of removed tissue and may have a strong smell. This is part of the normal healing process and may last for up to three weeks. Your next period may be earlier or later than expected and could be heavier than usual.

To avoid infection of your healing cervix we recommend for 3-4 weeks:

- No sexual intercourse.
- Use pads, not tampons.
- Have a shower instead of a bath.
- No swimming.
- No spa pools.
- Avoiding heavy lifting and strenuous activity. (i.e. gym work, jogging, aerobics)
- Taking life quietly for a couple of days.

Please contact us straight away if
you experience the following after
treatment:

- ◇ Bleeding that is bright red, heavy or has clots
- ◇ Pain in the lower abdomen or back aching that will not go away
- ◇ Feeling unwell (hot , cold , feverish, thirsty)
- ◇ Feeling worried about your recovery