

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

Contact details

- **Colposcopy Clinic** phone **630 9811** (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

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 the
Women's Health Gynaecology
Service

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, or 'diathermy' loop. The removed area is then sent to the laboratory for further examination.

What does the treatment involve?

- Please ensure you eat and drink as usual before coming to the clinic.
- 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 awake during your treatment and in the same position as you were for your previous colposcopy. A plastic speculum will be inserted and local anaesthetic will be injected into your

cervix, so it will be numb while the treatment is being done. The local anaesthetic 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.

Once your treatment is finished you will be taken to rest in an armchair 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.

The Doctor will write to you and your GP/Referrer, with the results from your LLETZ. You will receive an appointment for a follow up visit in 6 months' time. It is important we see you for a follow up visit to check 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 the following for the next 3-4 weeks:

- No sexual intercourse.
- Use pads (no tampons, no menstrual cups)
- Have a shower instead of a bath.
- No swimming.
- No spa pools
- Avoid strenuous exercise