

# Information for patients and carers

## Loop Excision Procedure (LLETZ)

## Why do I need a loop excision?

If abnormal cells in your cervix have been identified treatment to remove these cells may be recommended. If the cells are left untreated, they could become cancerous. The aim of the treatment is to remove the abnormal cells while minimizing the damage to healthy tissue.

The most common treatment to remove the abnormal cells is a large loop excision of the transformation zone (LLETZ).

After this procedure we monitor you for 20 minutes before you are discharged. It is recommended you plan for someone else to drive you home. We also suggest that you rest for the remainder of the day. After this you can drive and resume work as soon as you feel able.

## Will there be any side effects?

After the procedure it is normal to feel period like pains for about 24 hours; these will usually be relieved by simple painkillers such as paracetamol or ibuprofen.

You may have a red/brown vaginal discharge while the cervix is healing, and this may continue for up to 4 to 6 weeks but it should not be heavier than a normal period. Your next period may be a little heavier and a bit earlier or later than usual.

If you have any concerns please contact us using the contact numbers within this leaflet.

## Are there any risks associated with this procedure?

There is a slight risk of infection until your cervix has healed. To reduce this risk:

- Avoid sexual intercourse for 4-6 weeks or for as long as you have a vaginal discharge
- Use sanitary pads rather than tampons for the discharge until after your next period

- Shower rather than bathe
- Do not swim or exercise too strenuously for the first two weeks

You should also avoid any heavy lifting as this may strain the treated area and cause bleeding or delay the healing process.

## **What are the signs of infection?**

- Heavy bleeding other than a period
- Blood clots
- A smelly or heavy discharge
- Pain in the lower abdomen

If you have any of these symptoms, you should contact your GP; you may need a course of antibiotics.

If you take the contraceptive pill please continue to do so regardless of any bleeding or discharge associated with your treatment.

## **Will I have a follow up appointment?**

Even after successful treatment follow up is important. Your initial follow-up will be six months after your treatment. Further follow up will be discussed at the time of your treatment and confirmed at your follow up appointment.

Your follow up appointment will be with your GP or practice nurse 6 months after your treatment. A cervical smear and HPV test of cure will be performed by the GP or practice nurse.

If you are pregnant at the time of your follow up appointment it is still important that you attend; we will only look at your cervix. This is quite safe and will not harm your baby. We will continue to monitor you throughout your pregnancy.

## **If you have any further questions**

Please telephone the colposcopy clinic prior to your appointment or make a note of your questions and bring them with you to your appointment.

Please advise the colposcopy department of any reasonable adjustments you may require, such as language or a British Sign Language (BSL) interpreter, wheelchair/assistance dog access or hoist. You can contact the department via telephone **01772 526415** or email [colposcopy@lthtr.nhs.uk](mailto:colposcopy@lthtr.nhs.uk)

## Contact details

Should you require further advice or information please telephone the Colposcopy office on: **01772 524615** or out of hours: **01772 524231**.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.nhs.uk/conditions/cervical-screening](http://www.nhs.uk/conditions/cervical-screening)

[www.webmd.com](http://www.webmd.com)

[www.jostrust.org.uk](http://www.jostrust.org.uk)

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[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

**Please ask a member of staff if you would like help in understanding this information.**

**This information can be made available in large print, audio, Braille and in other languages.**

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**Division:** Women and children

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