



Information for
patients and
carers

**Treatment with Cryotherapy
For Cervical Ectropion**

What is a cryotherapy?

Cryotherapy is a simple freezing procedure used to treat a cervical ectropion.

What is a cervical ectropion?

A cervical ectropion (sometimes wrongly called cervical erosion) is where the softer more fragile cells that normally line the inside of the cervical canal lay on the outside of the cervix (neck of the womb) which is tougher and smoother.

What causes a cervical ectropion?

This is usually a natural occurrence. Sometimes it may develop if you are taking the combined oral contraceptive pill. It is important that you do not stop taking the combined oral contraceptive pill. However, if for some other reason you wish to change your method of contraception, please discuss this first with your doctor or nurse and decide on a suitable alternative method of contraception.

Do I need to have treatment for a cervical ectropion?

A cervical ectropion is harmless but can cause some troublesome symptoms such as bleeding after vaginal penetration and/or a heavy vaginal discharge. You only need to have treatment if you have symptoms.

Can all patients have cryotherapy?

Cryotherapy **cannot** be performed if you:

- Are pregnant or think you may be pregnant
- Are having your period

- Have not had a recent normal cervical screening test or negative vaginal swabs

What are the risks of having cryotherapy?

This is usually a safe treatment but as with any procedure there are risks and these include:

- Initially increased vaginal discharge
- Infection may occur, but this is rare

Preparation for the procedure

There are no special preparations to take prior to cervical cryosurgery. However we recommend that you take your usual pain killers at home before coming for your procedure.

How is cryotherapy done?

The doctor will gently insert a speculum (instrument used to perform your cervical screening test) into the vagina to enable the doctor to visualise your cervix.

A small instrument is placed against your cervix. As the treatment begins, you may hear a slight whooshing noise as the freezing procedure removes the cells from your cervix. This lasts about two minutes.

As your cervix heals, normal tough skin should grow back onto the area in place of the fragile cells which caused the cervical ectropion.

What to expect during the procedure

You may feel some discomfort similar to a period type pain while the treatment is being performed.

Occasionally you may feel a warm sensation through your body.

What to expect after the procedure

You may experience some period type discomfort. This should be relieved by taking simple pain relief such as paracetamol and ibuprofen. The discomfort should settle within 2 days.

You may have a watery discharge for up to 6 weeks following the treatment.

Your periods should not be affected by this treatment.

You can resume normal activities the following day after your treatment **Avoid vaginal penetration for 3 weeks** to enable the treated area to heal and prevent infection. **Do not use tampons for 3 weeks.**

Will the cervical ectropion come back?

It is possible that you may develop another cervical ectropion. Sometimes we can repeat the treatment 6 weeks following your first treatment, or maybe after a longer period of time, depending on your symptoms.

You should contact your GP or the Gynaecology Outpatient Department if:

- You have offensive vaginal discharge
- You begin to feel feverish or unwell
- Your pain is not controlled with paracetamol or ibuprofen (simple pain relief)

Contact details

Should you require further advice or information please contact Gynaecology Assessment Unit: 01772 524415

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજાવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سرى زبانوں او ر بڑى اگىر آپ كو هى معلومات سمجھنے كے يے ل مدد كى ضرورت ہے تو
يىچھيا يى يه ابى دست بو يىسكت ہے برا ئے مہر يان پو يىچھي۔ معلومات

Arabic:

مطبوعه بأ ح ر ف ك ب ي ر ة و بلغات إذا كنت تريد مساعدة في فهم هذه لمعلومات يُر جى أن تطلب
أخرى يمكن تو فير هذه المعلومات

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