

## Loop excision

This is the treatment to your cervix (neck of the womb) that you have had done today to remove the abnormal cells identified at Colposcopy.

The treatment involved using a hot loop of wire to lift the abnormal cells from the cervix.

We would expect you to experience some bleeding followed by a watery discharge. The bleeding should be no heavier than a light period. Some women may experience very little or no bleeding at all. The bleeding may last up to 10 days. The watery discharge may last up to 1 month.

If you experience:

- Heavy bleeding
- Offensive (smelly) discharge
- Pain not relieved by mild painkillers

**You will need to seek help / advice from the Colposcopy / Emergency department or you GP.**

Some women may experience some mild cramp / period type pain following their treatment. Mild painkillers such as Paracetamol or Ibuprofen should be sufficient.

To minimise the risk of infection we would advise that:

- You refrain from sexual intercourse for four weeks
- Do not use tampons, use sanitary pads
- Avoid using swimming pools, spas and jacuzzis until the discharge has stopped
- Avoid any strenuous exercise and heavy lifting for two to three weeks.
- If travelling abroad following treatment, overseas attention for complications arising from the treatment may not be covered by medical insurance.

## Follow up

Following your treatment today you have been discharged to your GP for a smear and HPV test in 6 months. This will be confirmed in writing to you by the department.

It is very important that you attend your GP's surgery for this follow up smear to complete the investigations into your abnormal smear

### Consent - What does this mean?

Before any doctor, nurse or therapist examines or treats you they **must** have your **consent** or permission. Consent ranges from allowing a doctor to take your blood pressure (rolling up your sleeve and presenting your arm is implied consent) to signing a form saying you agree to the treatment or operation.

It is important **before** giving permission that you understand what you are agreeing to. **If you do not understand – ask.** More detailed information is available on request.

### Useful contacts

#### Contacts and numbers if you have a problem

- **Colposcopy department**  
01935 384 622 Monday to Thursday 8am to 5pm  
(answer phone outside clinic hours)
- **Your own GP**

#### Or out of hours

- **The Emergency department**

### Useful websites

**jotrust.co.uk**  
(<http://www.jotrust.co.uk>)[cancerscreening.nhs.uk](http://www.cancerscreening.nhs.uk)  
(<http://www.cancerscreening.nhs.uk>)[womenshealthlondon.org.uk](http://www.womenshealthlondon.org.uk)  
(<http://www.womenshealthlondon.org.uk>)[bsccp.org.uk](http://www.bsccp.org.uk) (<http://www.bsccp.org.uk>)