

Cervical Care: Receiving Loop Diathermy (LLETZ)

This information leaflet answers some of the questions you may have about having Loop Biopsy treatment (LLETZ).

What is LLETZ?

LLETZ stands for large loop excision of the transformation zone. The treatment is to remove pre-cancerous cells on your cervix.

Why do I need this procedure?

You have had an abnormal cervical sample or colposcopy result. This shows that you have pre-cancerous changes in the cells covering your cervix. If left they could turn into cancer.

What happens during the procedure?

A speculum is inserted into the vagina so that the cervix is visible (similar to when you have cervical sampling).

What sort of anaesthetic will I need?

Before your treatment you will be given a local anaesthetic which numbs the cervix (neck of the womb) so that you do not feel any pain during the procedure. The Consultant/Nurse Colposcopist will examine your cervix using a special microscope called a colposcope, in the same way you were examined before. A nurse will be with you at all times. The equipment used is called Loop Diathermy. It is a wire carrying a small electrical current that is used to remove any abnormal tissue present on the neck of the womb (cervix). The treatment is a safe and satisfactory way of treating the abnormal cells found on the cervix. Some patients may not experience any pain or discomfort from the loop diathermy procedure, but some discomfort can be expected during the administration of the local anaesthetic. Occasionally, this discomfort takes the form of a spasm of the uterus similar to having a period pain.

What should I expect after the procedure?

After your treatment, you may experience some of the following symptoms and may have some questions about your aftercare and what activities you should avoid. It is advisable that you take it easy and avoid heavy exercise for the first 24 hours.



- You may experience ‘period like’ discomfort. This usually settles after a few hours, however, pain relief such as paracetamol or ibuprofen should be taken to ease the discomfort. Do not take more than the recommended dose. NB Do not take more than 8 paracetamol tablets in a 24 hour period.
- Vaginal discharge varies after treatment, and can last a few days to 4-6 weeks. This loss may be red-brown initially, changing as healing takes place, before returning to your normal discharge. It is advisable to use sanitary towels for protection, avoiding tampons, to prevent introducing infection during the healing process. Heavy, fresh blood, immediately after treatment or within the first two weeks after treatment, should be regarded as abnormal. If this occurs, seek medical advice. Also, if you notice a smelly, offensive vaginal discharge, this could indicate an infection and you should contact your GP who may give you antibiotics.
- Sexual intercourse should be avoided until your discharge has returned to normal. We advise the use of condoms for up to 6 weeks.
- Your next period may occur earlier than expected and should not be confused with post-treatment bleeding may be heavier and/or longer than usual – this is nothing to worry about.
- Swimming is not recommended whilst experiencing the discharge.

If you are due to go on holiday within a few weeks of your treatment please inform the nursing staff. Should you have any worries following this procedure, please do not hesitate to contact us:

Doncaster Royal Infirmary

Gynaecology Outpatient Clinic on **01302 642808**
Ward G5 on any day on **01302 642650**

Bassetlaw Hospital

Gynaecology Outpatient Clinic on **01909 500990** Ext 2214
Ward B6 on **01909 500990** Ext 2254.

Patient Experience Team

The team are available to offer advice or information on healthcare matters. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. The team can visit inpatients on all Trust sites.

The contact details are:

Telephone: 01302 553140 or 0800 028 8059

Email: pals.dbh@dbh.nhs.uk.

Gynaecology

