



Large Loop Excision Transformation Zone (LLETZ): aftercare advice

Information for patients from Women's Health

You have had treatment to your cervix. This leaflet explains:

- how you may feel after your procedure; and
- how you should care for yourself afterwards.

If after reading this leaflet you have any questions, please contact us using the numbers at the end of this leaflet.

What will I feel?

The local anaesthetic usually wears off after about one to two hours. You can continue to take mild painkillers, as needed.

Some patients feel a little faint following treatment. You should bring someone with you to your appointment, so they can drive you home.

What will happen after treatment?

- You should expect to have some vaginal discharge / bleeding following treatment. The amount of loss varies from woman to woman, but can last for anywhere up to four weeks. The loss may be a watery discharge and / or a light blood loss. If your loss becomes excessive or smells unpleasant, you should contact your GP or the Colposcopy Clinic for advice.
- If you have a lot of bleeding out of normal working hours, you should go to your nearest Emergency Department. Out of normal hours is after 5pm and at weekends.
- Prolonged bleeding can occur. This can sometimes mean you have an infection, which may need treatment with antibiotics. You should ask for advice, as mentioned above.
- Your next period may be heavier than is usual for you.

- Some travel insurance companies will not provide you with health insurance following LLETZ. If you are going on holiday or flying within six weeks of your treatment date, check with your insurance company or re-arrange your treatment appointment.

What do I need to do after treatment?

- Avoid using tampons for four weeks after treatment, to allow the treated area to heal.
- Avoid sex for four weeks after treatment, to allow the treated area to heal and reduce the risk of infection.
- Avoid swimming for two weeks following treatment, to reduce the risk of infection.
- Tell your midwife you have had a LLETZ procedure, during any future pregnancies.

When will I get my results?

We will write to you as soon as your results are available, usually two to four weeks after treatment. Your GP is also be sent a copy.

Will I need a follow-up appointment?

You will be told if you need a follow-up appointment before you leave hospital or in your results letter. Your doctor may advise you to attend the clinic again or to have more frequent smears at your GP surgery.

If you need a further visit to the Colposcopy Clinic, you will have a follow-up cervical smear. The doctor / nurse specialist will repeat the colposcopy assessment. This checks that your cervix has healed following treatment and that no abnormal cells remain. If we do find any remaining abnormal cells, we may need to take biopsies or arrange further treatment. Your nurse or doctor will discuss this with you at the appointment.

If you have any questions before or after your treatment, please contact the Colposcopy Clinic.

Useful telephone numbers

- **Kent and Canterbury Hospital**, Canterbury
Colposcopy Suite: 01227 783107
- **Queen Elizabeth the Queen Mother (QEQM) Hospital**, Margate
Colposcopy Secretary: 01843 234334
- **William Harvey Hospital**, Ashford (also for Buckland Hospital patients)
Colposcopy Secretary: 01233 616700
Please note the secretary works Monday to Thursday 8am to 4pm

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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