

## Further information

If you have any queries, please contact the Colposcopy Clinic on 0207 288 5118.

Nurses' Line: 0207 288 3138. Please leave a message; response within 24 hours (weekdays).

## Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or

[whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Date published: 28/04/2020  
Review date: 28/04/2022  
Ref: ACW/WH/Cry/03  
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## Cryocautery

### A patient's guide



Cryocautery is an excellent method of treating cervical problems of an ectropion/ectopy that is causing persistent vaginal discharge or post-coital bleeding.

It is also a good treatment when there are persistent low grade smear abnormalities when all of the area can easily be seen with the colposcope.

Cryocautery is a very easy and safe treatment for the patient. It does not hurt (although cramping may occur), and no anaesthetic is required. It can be done in a short time and will not interfere with other activities such as work or school, later in the day.

There is no chance of heavy bleeding afterwards. Serious injuries or complications are almost unheard of.

### The procedure

No special preparation is necessary for cryocautery except that it should not be performed during the heavier days of the menstrual period. Some cramping is often felt, so taking simple analgesia like ibuprofen or paracetamol beforehand is a good idea.

You may wish to be accompanied during the procedure by your partner or a close friend.

Once you are on the colposcopy couch and the cervix has been visualised, the colposcopist applies a cryoprobe to the cervix and then begins the freeze. The cervix and probe promptly freeze together, and an ice ball begins to form. The procedure may take up to 5minutes.

During the freeze most women feel a sensation of coldness, and possibly some cramping. It is not usually painful. After a two- minute freeze the probe is defrosted and removed and the cervix is allowed to thaw for several minutes. The speculum may be removed or left in place (as you wish) during the thaw time.

The freeze is then repeated in exactly the same way as before. When the second freeze is finished, the probe and speculum are removed. You may then get up, get dressed, and leave. You may also go about all your normal activities including work, school and recreation.

### After cryocautery

You will experience a heavy discharge for about 4 weeks after the procedure.

*Remember:* The discharge after treatment may be worse than the one you came with, but this should improve as the area heals.

We advise that:

- You DO NOT use internal sanitary protection (i.e. tampons) until after your next period
- You DO NOT have intercourse for four weeks
- You DO NOT go swimming for four weeks
- Infection following treatment is rare. However if you have any symptoms, a fever or an offensive smelly discharge, you may need to see your GP for a prescription of antibiotics.