

## Advice after excisional treatment of the cervix

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A patient's guide



You have had treatment to remove the abnormal cells from your cervix by a diathermy loop or laser excision. During the next four to six weeks healing takes place and a new healthy skin forms on the cervix.

**During this time you are advised:**

- To be prepared for some bleeding and a messy vaginal discharge. This is usual after treatment and may continue intermittently for up to four weeks. The bleeding can be like a heavy period or, on some days, like a brown vaginal discharge.

Your normal period will come at the correct time and this may be difficult to distinguish from the bleeding from your cervix.

- To prevent heavy bleeding you are advised to avoid strenuous physical activity. Should heavy bleeding occur despite this, you are advised to go home to rest.

If you remain concerned that the bleeding is too heavy contact your GP or contact the Colposcopy clinic on 020 7288 5118 in office hours.

After office hours you will need to contact the Betty Mansell (gynaecology ward) on 020 7288 5533.

- During the first four weeks, do not use tampons and do not have sexual intercourse. After the first four weeks you can have intercourse but it is better if your partner uses a condom for the next four weeks while the new skin is established on the cervix.
- You are advised to take the day of treatment off work and to rest at home. Most women can return to work the following day but avoid strenuous physical activities.

Treatment requires follow-up care; it is important to keep your follow-up appointments to ensure the best possible results. We will write to you in four – six weeks with your results and to inform you when to return for your follow-up appointment.

If you do not receive a letter after six weeks please contact the colposcopy clinic on the number above.