



# Advice after excisional treatment of the cervix

## Information for patients

You have had treatment to remove the abnormal cells from the neck of your womb (cervix) by a diathermy loop (a thin loop used to take a sample from your womb), laser, or by a fine needle excision.

### What to do today?

- On the day of your treatment take the day off work and rest at home. Most women can go back to work the next day, but they should not do any heavy or hard physical activities.
- Please take pain killers (two tablets of 500mg Paracetamol or two tablets 200mg Ibuprofen or any pain killers you usually take) if you experience any pain over the next few days.

### What will happen next?

- During the next four to six weeks the healing process takes place, and new healthy skin grows on the cervix.
- After treatment, you need follow-up care. It's important to go to your follow-up appointments to make sure you get the best results.
- We will write to you in four to six weeks with your results and to let you know when to come in for your follow-up appointment.
- If you do not receive a letter after **six weeks**, please contact the Colposcopy clinic on the number provided in your letter.
- You must have a cervical screening test (smear/HPV test) **six months** after the treatment. Your discharge letter will advise where you will have this test.



## Sexual intercourse after treatment

- **Do not use tampons and do not have sex (sexual intercourse)** for four weeks after your treatment.
- After the four weeks of healing have passed, you can have sexual intercourse, **but your partner must use a condom for the next four weeks**. This is because the new skin needs to grow on the cervix and be protected from infection.

## Vaginal discharge after treatment

- Mild vaginal discharge, sometimes dark in colour, is normal. Dead tissues or burnt tissues can come out with the discharge.
- If you notice smelly and yellowish discharge, it could be due to mild infection in the cervix. If that happens, contact your GP. They may take a vaginal swab and prescribe a course of oral antibiotics.

## Bleeding after treatment

- After treatment, it is normal to have some bleeding. This might happen on and off for up to four weeks. The bleeding can feel like a heavy period, and some days it might look like a brown discharge.
- Some women find that their next monthly period may change. It may come slightly earlier than normal, and it might be heavier. This is thought to be caused by the increased blood supply around this area.

To prevent heavy bleeding do not do any heavy or hard physical activities for four weeks.

If you are concerned that the bleeding is too heavy (e.g. your sanitary towel is **soaking every hour**), contact your GP or attend the ED (Emergency Department).

## Travelling after treatment

- It is usually safe to travel overseas **after** four weeks. Any side effects after treatment should stop by that time. Speak to the Colposcopist beforehand if you have a planned holiday/travel.



## Contact details

If you have not received any letter from this unit in six weeks' time, then please contact Whittington Health's Colposcopy clinic on 020 7288 5118 Monday – Friday 9.00 am to 5.00 pm. Or email: [whh-tr.womenshealthadmin@nhs.net](mailto:whh-tr.womenshealthadmin@nhs.net)

Clinical Advice (Nurses Line): 020 7288 3138.

Please leave a message including your hospital/NHS number; 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.PALS@nhs.net](mailto:whh-tr.PALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

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