



What is a large loop excision of transformation zone (LLETZ)?

LLETZ involves the removal of abnormal cells on your cervix. This is done with a small fine wire instrument which is heated by an electrical current. The sample of tissue is sent to the laboratory for examination.

Some important points

- If you are, or think you are pregnant, please contact the clinic
- If you have your period on the day of your treatment, please contact the clinic
- This treatment should not affect you becoming pregnant, or carrying a baby in the future. If you have concerns there will be an opportunity to discuss this with the doctor carrying out the treatment during your visit
- To prepare for your treatment please remove all body jewellery and piercings. Also do not wear a bra with an underwire. This is to prevent injury from the electrical current used during your treatment
- Due to the type of anaesthetic used during the procedure, you will need someone to drive you home after your treatment. Any difficulties with this arrangement, please call the clinic to discuss.

What does my treatment involve?

If you are having treatment under a local anaesthetic, before your treatment the doctor will carry out a colposcopy to locate the abnormal area on your cervix. The doctor will then numb the area with a local anaesthetic.

This should take away any pain although you may feel some period-like pains throughout your treatment. A nurse will be with you throughout the treatment. The nurse can show you the equipment used beforehand.

We encourage you to remain in the clinic for 15 to 20 minutes after your treatment. This is to make sure any vaginal bleeding has settled before you go.

If you are having treatment under a general anaesthetic you will need to stay until you are fully recovered from the anaesthetic.

Bleeding after treatment

- It is normal to have a small to moderate amount of vaginal bleeding for two to three weeks. It will be similar to having a period. This may be followed by a brown to yellow discharge which may last a further week
- To avoid heavy bleeding, it is advisable to avoid stressful exercise i.e. horse riding, cycling, running etc for two days after treatment
- If vaginal bleeding is moderate in amount, avoid stressful activities until bleeding has settled
- If your bleeding becomes very heavy i.e. you start soaking a pad every half an hour you will need to attend your nearest Accident and Emergency Department as soon as possible, to have the bleeding stopped

- If you are worried about your bleeding or if it continues for more than five weeks call the team at ASC Gynaecology.

Discomfort

Discomfort can occur after your treatment.

- Ask your nurse for advice on pain relief before you leave the clinic
- Rest for the remainder of the day
- A hot water bottle or wheat bag on your abdomen may help
- If the pain becomes severe or the discomfort continues for more than 24 hours contact your GP or the clinic.

Infection

To prevent infection and to assist healing it is important to avoid the following for at least two weeks or until bleeding/-discharge has finished (this can take two to four weeks).

- Tampons or sponges (use sanitary pads)
- Sexual intercourse
- Baths (have a shower)
- Spa pools / swimming pools / water sports

If you feel you have any symptoms of infection, please see your GP as soon as possible for antibiotics.

The doctor who does your treatment may give you a prescription for antibiotics before you leave the clinic. If you feel they are not working, see your GP in case you need a change of antibiotic.

Symptoms of infection you need to look for are:

- smelly discharge
- abdominal pain
- temperature (above 38°C)
- feeling of general unwellness (similar to 'flu-like symptoms').
- On discharge from the clinic or ward, after your treatment, make sure you:
 - have read and understand this information sheet
 - feel comfortable, and have only slight vaginal bleeding.

Follow-up

Following the treatment you have had, there is a 5% change of further abnormal skin cells developing on the cervix within the next 5 to 8 years.

You will require a smear and HPV test in 6 months with your referrer or GP.

If both tests are normal, you will have another smear and HPV test 18 months after your treatment. If either of the test results are abnormal at 6 months or 18 months, you may be referred back to colposcopy for another examination.