

Smoking

There is good evidence that smoking is associated with changes in the cervix. Use the Trust's free 'Pack it in' service to help kick the habit!



Alternatively, **Hertfordshire Stop Smoking Service** is free. You can refer yourself OR you can ask a member of staff to refer you.

You can refer yourself to the service by calling **0800 389 3998** or text **`Smokefree`** to **80818** or online via www.hertsdirect.org/stopsmoking

Any further questions?

If you have any questions or concerns regarding your condition or treatment, please contact the Colposcopy Clinic or your GP.

Useful contact telephone numbers

Specialist Nurse Colposcopist ☎ 01438 286062 or 07554 337989
(Monday to Friday)

Colposcopy Appointments ☎ 01438 286171
(Monday to Friday, 8.30am - 4.30pm)

Gynaecology Ward 10AN, Lister Hospital ☎ 01438 286193

Additional information

www.nhs.uk/Conditions/Colposcopy

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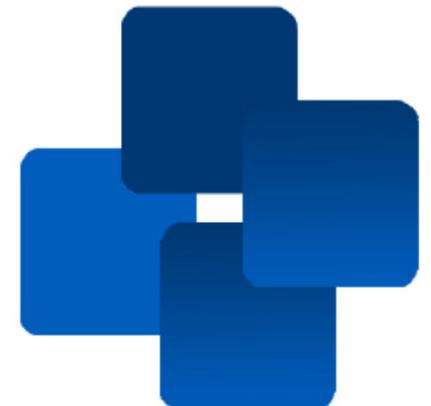
www.enherts-tr.nhs.uk

You can request this information in a different format or another language.

Patient Information

Aftercare following colposcopy treatment

Women's Services



Introduction

Today you have attended the Colposcopy Clinic and had a treatment performed to your cervix (neck of womb).

After treatment

You should feel well enough to return to work although most patients take the rest of the day off. This is not strictly necessary, but you will probably feel better by doing this and should not require time off after that.

Initially, after having the treatment, you may experience some of the symptoms listed below:

Mild abdominal discomfort - similar to period pain, which will be helped by painkillers, such as Paracetamol or Ibuprofen. It should clear within a couple of days but may also recur with the next couple of periods. Following treatment to your cervix, there may be a temporary change in your menstrual pattern.

Watery blood stained discharge to moderate blood loss – this may last for up to six weeks. It may be darkly stained with blood and iodine (the fluid used during the colposcopy examination) and have some small pale or black pieces of tissue in it. This is normal.

If your discharge becomes thick, yellow/green in colour, smells offensive and/or you develop lower tummy pain or you feel unwell, you may have an infection. Contact the specialist nurse colposcopist for further advice (telephone number on the back cover of this leaflet). You may also need to contact your GP who will prescribe suitable treatment.

Use sanitary towels **not** tampons while you have discharge and for your next period for at least four weeks after the procedure.

There is a small risk of heavy bleeding at approximately 7-10 days following your procedure. If this happens, you need to seek urgent medical attention. However, this is very unusual.

Additional advice

- ◆ Avoid sexual intercourse until the discharge clears or for four weeks after the procedure, whichever is longer. When you resume intercourse, ask your partner to use a condom for four weeks. This will prevent seminal fluid coming into contact with the cervix and will encourage healing and prevent infection.
- ◆ Avoid taking a bath until the vaginal discharge stops and have a shower instead. If this is not possible then have just a shallow bath but avoid using antiseptics and bubble bath in it.
- ◆ You should also avoid swimming or hot tubs. These measures allow the cervix to heal as quickly as possible, but as with any healing tissue, full healing may take 6 - 12 weeks.
- ◆ If you are due to go on holiday during the healing period, please contact the nurse colposcopist for further advice.
- ◆ You should be able to do light exercise as normal, but **do not** do very energetic physical exercise for one to two weeks, depending on the blood loss that you are experiencing, e.g. aerobics, horse riding, etc.

Results and follow-up

You will be sent a letter with your results and information about any follow-up appointments if necessary. This may take up to four weeks to arrive. If you haven't heard from us at five weeks please call the nurse colposcopist or the Colposcopy Clinic.

Usually the follow-up care is at your GP surgery but occasionally you may be asked to re-attend the Colposcopy Clinic. Very few patients will require further treatment.

You should be recalled automatically for a cervical screening test (smear test) at six months following the treatment, if not, please contact your GP Practice to make an appointment with them.