

Advice following Loop Diathermy treatment to the cervix

Post procedure advice

- AVOID strenuous activities for 2-3 weeks e.g., gym, power walking, horse riding, cycling, aerobic activity.
- AVOID swimming for 4 weeks – or until discharge has stopped.
- AVOID intercourse for 4 weeks.
- AVOID using tampons for 4 weeks. Use sanitary pads instead.

Discharge—should decrease in about 10 days, but it can last up to 3 weeks.

Discomfort—please take Paracetamol or Ibuprofen if you need to, but AVOID any Aspirin based products.

Bleeding and discharge—you may get bleeding after about 10 days which can be due either to disturbing the scab that initially forms with healing, or due to infection. If you get bleeding or offensive discharge you may need antibiotics. Please contact your GP for this.

Excessive bleeding—if you are soaking pads or passing clots, please seek advice on one of the numbers below. If you are bleeding heavily, please go to Accident and Emergency. Call 999 Ambulance, if you have any transport difficulties.

Results—you should receive a letter within 4 weeks with the results of your treatment and advice about recommended follow up. If you do not receive a letter by then, please contact the Colposcopy Secretary on the number below.

Contact Numbers

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|---|---------------------|
| Colposcopy Clinic (between 8.00am-5.00pm Mon-Fri). | 01494-425375 / 5575 |
| Colposcopy Secretary (for result letters) | 01296-831568 |
| Booking Co-ordinator (to change your appointment) | 01296-831906 |

Please Note:

This leaflet explains some of the most common side-effects that some people may experience. However, it is not comprehensive. If you experience other side-effects and want to ask anything else related to your treatment, please speak to the Colposcopy Nurse. Please be aware that the nurse may be in clinic and unable to speak to you. If so, other staff will take a message and the nurse will call you back when available.

How can I help reduce healthcare associated infections?

Infection prevention and control is important to the well-being of our patients and for that reason we have infection prevention and control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

Patient Advice Sheet

If you would like a copy of this information on audiotape, **in large print** or translated, please call the Patient Advice Liaison Service on 01296 831120 or email bht.pals@nhs.net

Division of Women, Children & Sexual Health

Approvals:

Gynae Guidelines Group: Jun 2019, V2 May 2023 (tbc)

O&G SDU: SDU Lead Aug 2019, V2 June 2023

Equality Impact Assessment: Feb 2020, V2 Apr 2023

CAP: Apr 2020, V2 June 2023