

You have been recommended to have Large Loop Excision of the Transformation Zone (LLETZ).

This treatment removes abnormal cells from your cervix quickly and comfortably, using an electrical wire loop. The removed tissue is then sent to the laboratory for further examination.

### What does my treatment involve?

The procedure is performed using local anaesthetic, in the colposcopy clinic. You may eat and drink as usual before coming to the clinic.

It is a good idea to bring a support person with you, as we recommend you do not drive for several hours following the procedure.

Your experience will be similar to your colposcopy visit. The main difference is that the cervix is first numbed with local anaesthetic. The treatment takes about 10 – 15 minutes and involves removing a small part of the cervix. Most women do not find it painful, although you may feel some brief discomfort with the local anaesthetic. There may be a slight smell of burning – this is quite normal and does not mean that anything is wrong.

In some circumstances it may be recommended that you have the procedure under General Anaesthetic in theatre. The doctor or clinic nurse will discuss this with you if required.

### What about my contraception?

If you use a Mirena or Intrauterine Contraceptive Device (IUCD) for contraception we may need to remove it before you can have treatment. We will advise you when you can get another one fitted, usually 6 weeks after treatment.

If you take the pill please continue to take it as usual.

### What to expect afterwards

You may have some discomfort like period pain in the 24 hours after your treatment. A mild painkiller like Paracetamol, or what you normally take for period pain, should help ease this.

Many women feel well enough to return to work immediately after they have had treatment, but if you are worried about the treatment you may wish to make arrangements to take the rest of the day off.

It will be normal to have light bleeding and/or a blood stained discharge for two to three weeks after your treatment. This is a normal part of the healing process.

As long as your bleeding is no heavier than a normal period, that is acceptable. **If the bleeding becomes heavier than your normal period, or the discharge has an offensive smell you should make an appointment with your GP.** This may indicate an infection requiring antibiotic treatment.

The healing process takes about 3 weeks and to assist this, we strongly recommend:

- Not to put anything inside your vagina for 3 weeks, as this can increase the risk of infection and slow healing
- Use sanitary pads instead of tampons or menstrual cups for any bleeding or discharge that you may have.
- Have a shower, not a bath
- Do not swim in the sea or a pool, or use a spa pool.
- It is best to avoid sexual intercourse, or the use of personal devices, during this time.

After three weeks you can return to normal activities.

## Results

You will be given the result from your LLETZ in a letter, with a copy to your GP or smear taker. You should receive this in approximately 4 weeks.

If you do not receive a letter with the result, please contact Women's Clinic to discuss this with a nurse, Phone 04 806-0764.

## Follow-up

You need to see your GP or smear taker **6 months** after the LLETZ, for a cervical smear, which will include a HPV test – this is a test done in the laboratory, on your smear sample, to check for the presence of Human Papilloma Virus.

If these tests are normal, then you will need to have another smear and HPV test with your GP or smear taker, **12 months later**.

It is important that you attend these smear tests **at 6 months and 18 months**, post- LLETZ, to check that your cervix has returned to normal after the treatment.

If either of these tests are abnormal, you will be referred back to colposcopy clinic for an appointment and ongoing management.

If you have any questions or problems you would like to discuss, you can contact your GP, smear taker or the staff at the Women's Clinic, Phone 04 806-0764.