

Cold coagulation

Colposcopy unit

**If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

What is cold coagulation?

Cold coagulation is a simple heat treatment, which is an effective treatment for early abnormalities or inflammation of the cells on the cervix. This technique kills the abnormal skin, that is then replaced by healthy skin over the next few weeks.

What are the benefits?

The procedure is performed to destroy the abnormal cells on your cervix, which will have been identified during your colposcopy examination.

Another reason why we might be performing the procedure on your cervix, is to harden the soft cells that are causing you to bleed (possibly after sexual intercourse). You will have had a colposcopy examination and biopsy before this.

The treatment usually takes less than 5 minutes to perform.

You do not need to sign a consent form, verbal consent is obtained.

Preparing for the cold coagulation procedure

As you will be having local anaesthetic, it is important that you eat and drink before the procedure.

Do not starve yourself.

Local anaesthetic

Before your treatment you may be given local anaesthetic. If you have any known heart conditions, please let your Colposcopist know as there is an alternative anaesthetic available.

Cold coagulation treatment

A repeat colposcopy will be carried out first to identify the abnormal/inflamed cells. Local anaesthetic may be given, although it is possible to have this procedure without anaesthetic.

A heated probe will be placed on the cervix (neck of the womb) for 30 seconds. You may need to have one to five applications depending on the size of the area and this will take less than two minutes.

The whole procedure, from preparation to completion of treatment will take 10 - 15 minutes.

Will I feel any pain?

On the day, you may feel a bearable period type pain during the treatment, which usually settles quickly, but can last for a short time afterwards. You may also feel some slight pressure on your cervix.

If it persists, you may relieve the pain with painkillers such as paracetamol.

What if I feel unwell when I get home or have further questions?

If you feel unwell at home or have any questions, please contact one of the following

Gynaecology ward (open 24hrs) - 01695 656 901
Local GP
Walk-in Centre.

Following the procedure

You may experience an increase in discharge before it gets better, which may be bloodstained for 2 - 4 weeks after the treatment. If however, the discharge becomes smelly or discoloured, or if you have unexpected bleeding heavier than a period, this may mean there is an infection and you should contact your own doctor or ring the Gynaecology Assessment Bay (GAB) 01695 656 901.

To allow the area to heal, you should refrain from sexual intercourse for 4 weeks.

Please use a sanitary towel rather than a tampon for the next 4 weeks and for your next period (this is to reduce the risk of infection).

Avoid swimming for 2 weeks and the use of bubble bath for the next 4 weeks.

We suggest you do not travel abroad following your treatment for at least 2 weeks. This is because of the risk of infection or other complications. Check with your travel insurance before you travel.

What if I am pregnant?

It is not possible to perform surgery on your cervix if you are pregnant. If you are having cold coagulation for abnormal cells, the doctor or nurse may want to monitor the cells throughout your pregnancy. You may be given an appointment to attend colposcopy during your pregnancy (this will not harm the baby). If you are pregnant, we will defer the procedure until three months after you have had your baby.

What if I have to cancel my appointment?

If for any reason you are not able to keep your clinic appointment, or if you are having your period at the time of any further colposcopy appointments, please telephone the relevant colposcopy suite to book another appointment. Having your period does not always mean you cannot be seen, however we may have to move your appointment.

GAB (Gynaecology Assessment Bay. This is open 24 hours a day. Please call first)
01695 656 901
01695 656 279

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department sister/charge nurse if you have any questions or concerns.

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Please ask a member of staff if you would like a chaperone present during your procedure.

For further information:

www.bsccp.org.uk/women

<https://www.gov.uk/guidance/cervical-screening-programme-overview>

Contact information

Your own GP or Walk-in centre
GAB (open 24 hours) - 01695 656 901

Gynaecology secretaries (open Monday - Friday, 9am - 5pm)

(01695) 656 262
(01695) 656 658
(01695) 656 123

For appointments;

Telephone 01695 656 279 (Monday to Friday, 9am - 5pm)
Email soh-tr.appointments@nhs.net

Southport & Formby Hospital
Town Lane,
Kew,
Southport,
Merseyside,
PR8 6PN
Telephone:
01704 547 471

Ormskirk Hospital
Dicconson Way,
Wigan Road,
Ormskirk,
Lancashire,
L39 2AZ
Telephone:
01695 577 111