

Loop diathermy or Large Loop Excision of the Transformation Zone (LLETZ)

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 a Large Loop Excision of the Transformation Zone (LLETZ)

LLETZ is the most common treatment for cervical cell changes. It uses a thin wire loop with an electrical current, to remove the affected area of the cervix.

What to expect

It involves using a local anaesthetic. The doctor or specialist nurse removes the abnormal tissue using a heated wire loop. A small diathermy pad will be applied to your thigh. This is used as a safety procedure for the LLETZ equipment and is removed when the procedure has been completed.

You will be placed in the same position as for a smear test and/or a colposcopy, on a specially designed couch which makes the procedure more comfortable.

Before starting the treatment, your Colposcopist will touch your cervix to check it is numb. On average it takes about 15 - 20 minutes. You should plan to spend about an hour in the clinic, to allow a period of 20 - 30 minutes' rest afterwards.

Having the treatment

Once your cervix is numb, your Colposcopist uses the loop to remove the area of your cervix that has cell changes. The loop cuts the tissue and then another small instrument is used to seal the cut. This should not be painful, but you may feel some pressure. The treatment usually takes less than two minutes. The cells and tissue that have been removed are sent to a laboratory. The test will check what kind of cell changes you had.

After the treatment

You may have some physical effects after LLETZ. These usually last up to 4 weeks. It is best to avoid:

- Tampons or menstrual cups – you can use a sanitary towel instead, for 4 weeks.
- Penetrative vaginal sex, for 4 weeks.
- Heavy exercise for 2 weeks.
- Swimming for 2 weeks.
- Long baths – you can continue to shower as normal.
- Some travel insurance companies may not provide health insurance straight after treatment, so try to wait for about 4 weeks after treatment before going on holiday or flying and check with your insurance. Any effects will usually have stopped after 4 weeks. If you have a holiday planned, you can discuss dates for treatment with your Colposcopist.

Things you can do

- You may consume alcohol in moderation.
- You may drive, unless advised otherwise by the examining Colposcopist.

Follow up after LLETZ

Once we have the results, we will write to you informing you of them. You will be invited for a follow-up appointment at your GP surgery. This will happen six months after the treatment. At this follow-up appointment, you will have a test of cure smear test. This is the same as a cervical screening, where a sample of cervical cells is tested for high-risk HPV. Please ask for further information if needed.

Risks after a LLETZ

LLETZ is usually successful and over 90% of people do not have cell changes again. Fewer than 10% of people will have cell changes again. The benefit of LLETZ is that it prevents potential cervical cancer from developing which, in many cases, will outweigh the risks.

Bleeding

You may have bleeding because of the soft scab that forms on the cervix where the cells were removed. This may bleed while it heals.

The bleeding is usually like a period, but may be slightly heavier than your normal period. About 10 days after treatment, the bleeding may get heavier. This is common and a sign that the scab is healing. If you need to change your sanitary towel every 10-15 minutes and are passing clots bigger than a 50p, then please call the Gynaecology Assessment Bay (GAB) 01696 656 901 as this may mean the scab has come off.

Your first period after treatment may be slightly heavier or out of sync with your regular cycle, but will go back to normal.

Pain

Some discomfort may be experienced after the treatment. The pain varies from person to person, but should not be too severe. It is often described as like a period. You may take painkillers such as paracetamol to control the pain.

Changes to vaginal discharge

Changes to vaginal discharge can last for about 4 weeks. Straight after treatment, you may have a watery, brown blood stained vaginal discharge. About 10 days after treatment, you may notice a coffee granule-like vaginal discharge. This is normal and a sign that the soft scab on your cervix is healing.

If you get a green tinge, or it becomes smelly or offensive this may mean you have an infection. Please call your GP or local walk-in-centre as you may require antibiotics to clear this up.

Please ignore other requests from the cervical screening programme to have a smear whilst you are under our care.

Please remember periods can be delayed. Contact your doctor or our nurses for advice.

This patient information leaflet is intended to be used to support discussions during your clinical consultation. If there is anything you do not understand or are unsure about, please ask the doctor at your appointment or contact the people below.

Contact information if you are worried about your condition

Your own GP
Walk-in Centre
GAB, open 24 hours - 01695 656 901
Gynaecology Secretary - 01635 656 123, Monday to Friday 9am - 5pm

For appointments

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

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.

For further information:

www.bsccp.org.uk/women

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

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.

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