Lletz Procedure

Patient Information
A Lletz Procedure
This treatment is used to remove an abnormal area of the cervix. The abbreviation Lletz stands for Large Loop Excision of the Transformation Zone.

During the procedure you will be asked to lay on a couch with your legs supported in stirrups, an instrument called a speculum will be inserted to allow us to see the cervix. If local anaesthetic is used this is given into the cervix and will be felt as a pressure sensation. You will not feel any numbness but the nerve fibres conducting pain will be blocked and the procedure after this will be painless. Treatments will last for five to seven minutes.

You will be given a local anaesthetic to the cervix and a wire loop is used to remove the abnormal cells. This is removed and sent to the laboratory for examination and you will be informed of the results within four weeks.

Why do I need a Lletz Procedure?
This treatment is carried out to treat pre-cancerous areas of the cervix. Abnormal cellular changes occur on the outside of the cervix (CIN) if they are left untreated over a period of time they may progress into invasive cancer.

Advice following the Lletz Procedure
It is advisable to bring someone with you to drive you home following the treatment.

What are the complications?
The main local complication of this procedure is excessive bleeding from the cervix where the tissue has been removed. Another is infection which can occur one to two weeks after the procedure.

Vaginal bleeding
You can expect some moderate to heavy bleeding for two to three weeks following the procedure. This will then lessen and
change to a dark brown discharge. **DO NOT** use tampons during this time as this will increase the risk of infection. You should try to avoid any strenuous sport or exercise e.g. jogging, aerobics, gym, horse riding etc for 10 days until the bleeding has settled.

If you experience any heavy prolonged offensive smelling vaginal bleeding/discharge you should contact your own GP for advice as you may require some treatment for an infection.

**What about sex?**

Sex should be avoided following this procedure for one month. It is then normally advisable to use a condom for a further month to protect the new immature tissue on the cervix which is susceptible to infection.

**Follow up**

A follow up appointment will be given to you when you leave the clinic. This is usually for six months following the procedure. It is to check that the cervix is healing, to repeat your smear test and to answer any queries that you may have.

You will be seen by a gynaecology nurse at this appointment. If the appointment has not been given to you then it will be enclosed with your results letter. Sometimes we are not certain whether all these abnormal cells have been removed and we may need to see you again for a review colposcopy in four months time.

**Any questions**

If you have any questions please ask a member of staff who will be happy to help you.

**Useful contacts**

Sister 01493 452363
Nursing Team 01493 452361
Appointments 01493 453071
Patient Advisory and Liaison Services 01493 453240
The hospital is able to arrange for an interpreter to assist you in communicating effectively with staff during your stay through INTRAN.

If you need an interpreter or a person to sign, please let us know.

If you require a large print version of this booklet, please contact PALS on 01493 453240

**Our Values**

**Our Behaviours**

**Courtesy and respect**
- A welcoming and positive attitude
- Polite, friendly and interested in people
- Value and respect people as individuals
  So people feel **welcome**

**Attentively kind and helpful**
- Look out for dignity, privacy & humanity
- Attentive, responsive & take time to help
- Visible presence of staff to provide care
  So people feel **cared for**

**Responsive communication**
- Listen to people & answer their questions
- Keep people clearly informed
- Involve people
  So people feel **in control**

**Effective and professional**
- Safe, knowledgeable and reassuring
- Effective care / services from joined up teams
- Organised and timely, looking to improve
  So people feel **safe**