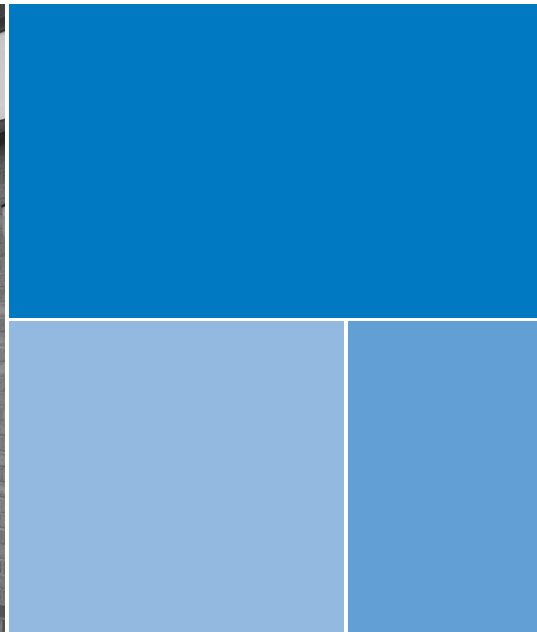


Treatment to the Cervix



[Patient Information](#)

Cryo-Cautery and Cervical Diathermy

These treatments are used to destroy areas of the cervix which are mildly inflamed or for a cervical ectropian (erosion) where symptoms such as excessive mucous discharge or contact bleeding are a problem. Your Consultant will decide which is the best form of treatment for you.

Prior to the procedure you will be asked to lie on the couch with your legs supported in stirrups. An instrument called a speculum will be inserted into the vagina to allow us to see the cervix (neck of womb). This is the same procedure as when your smear was taken.

Local anaesthetic is injected into the cervix. You may experience some stinging/discomfort and also experience a pressure sensation. You will not feel any numbness but the nerve fibres conducting pain will be blocked. The procedure after this will be painless. The treatments will last for two to seven minutes.

Cryo-Cautery

This method uses a freezing process which destroys the tissue with ice formation. It lasts for approximately two minutes. You may experience slight abdominal discomfort like a period pain whilst the procedure is performed. We suggest that you take some mild pain relief about 1 hour prior to the procedure taking place e.g paracetamol.

Cervical Diathermy

This method uses an electrical current through a rounded probe to destroy the cervical tissue. Local anaesthetic is injected into the cervix to completely numb the affected area. The inflamed tissue is then destroyed with the diathermy probe. The procedure normally lasts between 5 to 7 minutes.

Advice following treatment

You may experience some period pain or cramp for the next few hours so you could take mild painkillers for this.

Following the procedure it is normal to get a discharge for up to two to four weeks. It is advisable not to use a tampon, only sanitary towels, for one month. Your next period may arrive earlier and be heavier than normal and afterwards they should return to normal.

It is recommended that you avoid sexual intercourse for one month and swimming for two weeks to help reduce the risk of infection.

Avoid baths for two weeks but showers may be taken.

There are no other restrictions once you get home.

In some cases the treated cervix may become infected, if the discharge becomes particularly heavy with an offensive odour or you experience any heavy bleeding which is heavier than a period, you should contact your own GP.

Follow-up

You will be given a further appointment for a check-up to see that the cervix has healed and another smear test will be taken to check that this has returned to normal. Alternatively you may be asked to have your future smear test with your GP.

Contraception

You should continue to use your normal contraception. If you are not using any contraception then it is advisable to use a condom until you have been treated. If you have a coil it is not normally necessary to remove this to have the treatment performed.

Any Questions

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

Useful Contacts:

Sister Crisp	01493 452363
Sister and Nursing Team	01493 452361
Colposcopy Clinic Appointments	01493 453071
Patient Advisory and Liaison Services (PALS)	01493 453240

Further information

Visit www.nhsdirect.nhs.uk/cervical
www.bsccp.org.uk



James Paget University Hospitals



NHS Foundation Trust

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**



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**

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