

Cautery treatment to the cervix

Gynaecology Outpatient Department

Information for women

This leaflet can be made available in other formats including large print, CD and Braille and in languages other than English, upon request.

This leaflet tells you about cautery treatment, what to expect after your treatment and who to contact if you have any worries or concerns when you go home.

What is cautery?

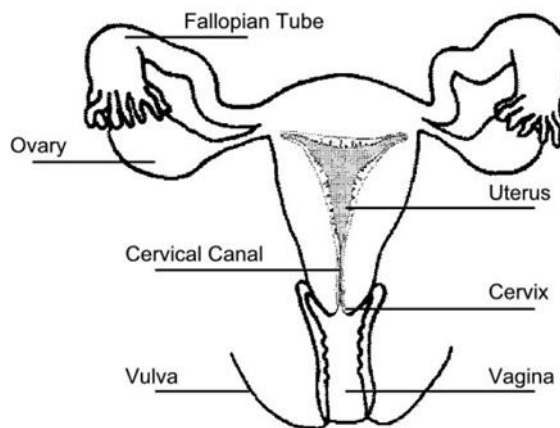
Cautery is the use of cryotherapy (freezing) or cold coagulation (heat) to destroy abnormal cells or tissue.

What is an ectropian?

The cervix is made up of 2 types of cells:

- those normally found in the cervical canal
- those normally found on the cervix.

Sometimes the cells from inside the cervical canal are seen on the cervix and look red. This is called an ectropian. (See diagram below).



How can an ectropian be treated?

Ectropian can be treated by cautery. There are 2 types of cautery which use either:

- cryotherapy (freezing). A small probe (cautery instrument) is held against the area of your cervix that needs treating, for about 2 minutes, while the area is frozen.

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or

- cold coagulation (heat). A small probe is held against the area of your cervix that needs treating, for about 30 seconds, while the area is treated with heat.

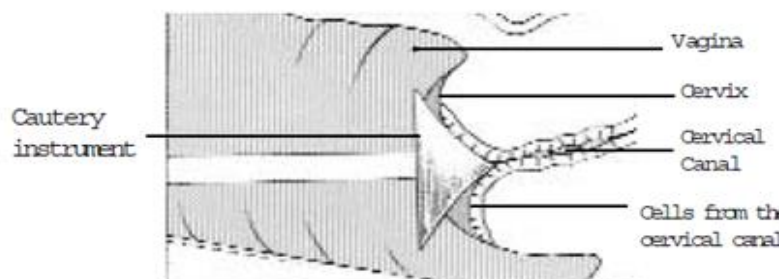


Diagram to show the cauterization instrument held against the cervix

During your treatment you may feel a crampy, period type pain. This should settle once your treatment has finished.

Your doctor or nurse will discuss with you which treatment they feel is best.

How will I feel when I go home?

You may have some discomfort for 1 - 2 days after this procedure. Taking painkillers, for example paracetamol or ibuprofen can help. You should always follow the instructions provided in the leaflet supplied with your tablets.

You may pass a watery blood stained discharge for up to 4 weeks after your treatment. If you still have periods your next one should arrive as normal.

If:

- you have any discharge with an unpleasant smell from your vagina
- you feel feverish, unwell or develop a temperature higher than 38°C (100.4°F)

you should contact your GP or the Outpatient Department where you had your procedure for further advice.

If you have an **urgent** problem the night after your procedure, you can contact the Accident and Emergency Department at your local hospital for advice. (See contact numbers).

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What can I do to help myself?

You will have a raw area on your cervix. This may take up to 4 weeks to heal.

You should not have sexual intercourse or use tampons for the next 4 weeks to give your cervix time to heal.

You should also avoid swimming for at least 2 weeks until the discharge or bleeding has stopped.

When can I return to my normal activities and work?

You can usually return to all your normal activities and work straight away or as soon as you feel well enough. You should discuss this with your nurse or doctor.

Will I need to return to hospital?

Your nurse will tell you if you need to be seen again in the Outpatient Department.

They will either:

- ask you to make another appointment before you go home
- or
- arrange for an appointment to be sent to you through the post.

If you have any worries or concerns please contact your GP or the Outpatient Department.

Contact numbers

If you need further advice or have any problems, please telephone the Outpatient Department at the hospital where you received your treatment.

University Hospital of North Tees

Outpatient Department

telephone: 01642 624172

Monday - Friday, 9.00am - 5.00pm

Accident and Emergency Department

telephone: 01642 382899

24 hours a day, 7 days a week

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University Hospital of Hartlepool

Outpatient Department

telephone: 01429 522868

Monday - Friday, 9.00am - 5.00pm

If you have any worries or concerns you should contact your GP during normal surgery hours. Outside surgery hours, you should contact your GP's surgery for the Out of Hours Service number.

Further information is available from:

NHS Choices

telephone: 111 (when it is less urgent than 999)

Calls to this number are free from landlines and mobile phones

or via the website at www.nhs.uk

Notes:

Please use this space to make a note of any questions you may wish to ask

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This leaflet has been produced in partnership with patients and carers. All patient leaflets are regularly reviewed, and any suggestions you have as to how it may be improved are extremely valuable. Please write to the Quality Assurance Team, University Hospital of North Tees or email: patientinformation@nth.nhs.uk

Comments, Concerns, Compliments or Complaints

We are continually trying to improve the services we provide.

We want to know what we're doing well or if there's anything which we can improve, that's why the Patient Experience Team is here to help.

Our Patient Experience Team is here to try to resolve your concerns as quickly as possible. If you would like to contact or request a copy of our PET leaflet, please contact:

telephone: 01642 624719
Monday – Friday, 9.00 am – 4.00 pm
Messages can be left on the answering machine and will be picked up throughout the day.

freephone: 0800 092 0084
Mobile: (can use text): 0779 506 1883
Email: patientexperience@nth.nhs.uk

Out of hours if you wish to speak to a senior member of Trust staff, please contact the hospital switchboard who will bleep the appropriate person.

telephone: 01642 617617
24 hours a day, 7 days a week

The Patient Experience Team is available to discuss your concerns in person Monday – Friday, 1.30 pm – 4.30 pm. The office is based on the ground floor at the University Hospital of North Tees.

Data Protection and use of patient information

The Trust has developed a Data Protection Policy in accordance with the Data Protection Act 1988 and the Freedom of Information Act 2000. All of our staff respect this policy and confidentiality is adhered to at all times. If you require further information please contact the Information Governance Team.

telephone: 01642 833551 or email: information.governance@nth.nhs.uk

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Fax: 01642 624089