

Information for Patients

## Your colposcopy procedure –

# Cryotherapy of the cervix



The procedure you have had today is called cryotherapy. During the procedure we used carbon dioxide to freeze the affected area of your cervix.

## What are the benefits of having this procedure?

We use this procedure to reduce the symptoms of a cervical ectopy, for example bleeding or discharge, particularly after sex. This is not cancer.

## What should I normally expect after the procedure?

- You may feel discomfort, a bit like period pain, for a few hours after the procedure. You should take your normal painkillers to help with this pain, but do not take more than the recommended dose
- Usually, you will have a watery discharge, sometimes with a little blood in it, from your vagina for up to 4 weeks after you have the procedure. Do not worry if you do not have any discharge or if the discharge continues slightly longer than 4 weeks, as everyone's cervix heals differently
- Do not use tampons for at least 4 weeks after the procedure, or until the discharge stops. Instead, use pads or panty liners
- We recommend that you do not have sex, go swimming or use a hot tub or jacuzzi until the discharge stops, to allow the area to heal
- You can have a bath or shower as normal.
- Your periods may be different straight after the treatment but should soon settle into their usual pattern

## Are there any risks to this procedure?

Complications are very rare, but you may get an infection in the area we treated. If this happens, you may need to take antibiotics.

## Symptoms of an infection

- High temperature or strong-smelling discharge
- Pain. You should take your normal painkillers to help with this pain, but do not take more than the recommended dose

If you develop an infection, this could happen immediately after the treatment or any time within the next 14 days.

If you have any of these symptoms, it is very important that you contact NHS 111, your family doctor or the colposcopy clinic for advice, as you may need another examination or antibiotics.

## Returning to normal activities

You should be able to return to work and normal activities the same day you have your procedure.

We will be writing to your GP to tell them that you have had this procedure.

If you have any questions about when your next cervical screening test is due, please ask a member of staff or phone the clinic and we will be pleased to help you.

## More information

If you have any more questions about your treatment, contact the colposcopy administrators on [01952 565967](tel:01952565967) / [565968](tel:01952565968) / [565969](tel:01952565969)

## NHS Choices

The UK's biggest health website, certified as a reliable source of health information: [www.nhs.uk](http://www.nhs.uk)

## Patient UK

Evidence based information on a wide range of medical and health topics: [www.patient.info](http://www.patient.info)

## Further information is available from:



### Feedback

We appreciate and encourage feedback which can be shared in a number of ways through the hospital website. Scan the QR code to give feedback. [www.sath.nhs.uk/patients-visitors/feedback/](http://www.sath.nhs.uk/patients-visitors/feedback/)

### Patient Advice and Liaison Service (PALS)

PALS will act on your behalf when handling patient and family concerns, they can also help you get support from other local or national agencies. PALS, is a confidential service.

Royal Shrewsbury Hospital, Tel: [0800 783 0057](tel:08007830057) or [01743 261691](tel:01743261691)

Princess Royal Hospital, Tel: [01952 282888](tel:01952282888)

## Other Sources of Information

### NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

111 (free from a landline or mobile) [www.nhs.uk](http://www.nhs.uk)

### Self Help & Support Groups

A selection of websites providing access to good quality health information, local organisations and community groups is available from the library. [www.library.sath.nhs.uk/find/patients/](http://www.library.sath.nhs.uk/find/patients/)

### Information in Other Languages or Formats

If you require this information in a different way such as easy read, a different language, larger print, audio or braille please tell a member of staff or contact the Patient Experience Team;

[sath.patientexperience@nhs.net](mailto:sath.patientexperience@nhs.net) or [01743 261000](tel:01743261000) ext. 2503.

## Your information

Information about you and your healthcare is held by the NHS. You can find out more about how we hold your information and how it is used on our website: [www.sath.nhs.uk](http://www.sath.nhs.uk)

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