

# Cryo-cautery to the cervix

## Patient Information Leaflet



### Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call:

**01253 955588**

Our Four Values:

People Centred

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## **Why Cryo-cautery?**

Cryo-cautery is used to treat cervical ectropion or ectopy, which happens when the more delicate cells lining the inside of the neck of the womb are exposed to the surface of the neck of the womb.

This can cause bleeding during sexual intercourse or when you go for a cervical smear (if applicable to you).

Be reassured that cervical ectropion or ectopy is a natural process which usually responds to treatment with cryo-cautery. This results in the growth of thicker, healthy cells and tissues which are less likely to bleed during sexual intercourse.

## **What is Cryo-cautery?**

During this procedure you will have treatment to the cervix (neck of the womb) using a small probe to freeze the cells. This is usually done to treat cervical ectropion or ectopy which may have caused symptoms such as abnormal bleeding or bleeding after intercourse (post coital bleeding) or when you had a cervical smear test (if applicable to you).

## **How is Cryo-cautery performed?**

A small instrument called a speculum is inserted into the vagina to expose the cervix. Thereafter, a metal probe is placed on the cervix to freeze the cells for about 1-2 minutes. You may experience crampy abdominal pains during or immediately following this procedure but this should resolve within 24hrs or with use of regular painkillers.

## **Advice following Cryo-cautery**

It is most likely that you will have a bit of watery or blood stained discharge for a couple of days. We advise:

- Avoid using tampons for the next 4 weeks
- Avoid sexual intercourse for 3-4 weeks or until discharge has stopped completely
- Avoid swimming for the next 2 weeks

## **Would I be followed up after my treatment?**

This will depend on the specific reasons for having the procedure or treatment done. Your doctor or nurse will give you the appropriate advice. This procedure should not affect your fertility or chances of getting pregnant in the future.

If you have any concerns with an offensive vaginal discharge, high temperature or abdominal pain following your treatment, please contact your GP for an urgent appointment and further assessment.

## **Help required?**

If you have any queries or concerns following your treatment, please contact the Colposcopy Department on:

01253 955534 or 01253 953488

Monday-Thursday from 9:30am-4pm.

Outside these hours please, contact your own doctor for advice.

Other useful contact numbers and website are:

NHS Direct; [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk).

[www.patient.co.uk](http://www.patient.co.uk)

## **References:**

St Mary's Hospital Information Leaflet on Cryocautery to Cervix -October 2013.

## Useful contact details

**Colposcopy Department**

**01253 955534 or 01253 953488**

**Monday-Thursday 9:30am-4:00pm.**

Hospital Switchboard: **01253 300000**

## Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives. You can contact them via:

Tel: **01253 955589**

email: **patient.relations@bfwh.nhs.uk**

You can also write to us at:

**Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website:

**www.bfwh.nhs.uk**

## References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this leaflet are available on request from:

**Policy Co-ordinator/Archivist 01253 953397**

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