

Loop Excision

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Reasons for the procedure

You have been referred to colposcopy clinic because your smear has shown abnormal cells. About 6 in 10 people will have abnormal cells found at colposcopy. The medical term for abnormal cells is CIN ('cervical intraepithelial neoplasia'). CIN is not cancer, but it can sometimes go on to develop into cancer.

Your colposcopy and biopsy results will show if you need to have the abnormal cells removed or whether they can be left alone for now. This will depend on whether your CIN is 'low grade' or 'high grade' (see below).

CIN 1 ('low grade')

You are unlikely to develop cervical cancer. Often the abnormal cells will go away on their own when your immune system gets rid of the human papilloma virus (HPV). This happens in most cases. We will normally invite you for another cervical screening test in 12 months to check whether you still have HPV.

CIN 2 or CIN 3 ('high grade')

You have a higher chance of developing cervical cancer than a woman with 'low grade' CIN. We will normally offer you treatment to remove the abnormal cells as this will lower your risk of developing cervical cancer. It may be possible to treat this problem during your first visit. The treatment you would require is called a **Loop Excision**.

Nature of the procedure

The nurse or doctor will look at your cervix with a colposcope (a type of microscope). A painless solution will be applied to your cervix to highlight the abnormal area. You will be given a local anaesthetic around the abnormal area. Using a small electrosurgical instrument called a **Loop** (because of its shape) the small abnormal area will be removed.

It takes approximately 15 – 20 minutes.

Benefits of the procedure

The abnormal cells on your cervix are pre-cancerous but could become cancerous in the future.

The loop excision treatment is intended to remove these pre-cancerous cells which are then sent for further investigation in the laboratory to exclude cancer.

Risks of the procedure

- Infection
- Bleeding
- Trauma to the vaginal walls
- Repeated or deep treatments may give you problems in carrying future pregnancies.

Discomforts of the procedure

- This procedure is usually tolerated well by most women and is uncomfortable rather than painful. It takes approximately 15 – 20 minutes. **We suggest that you take a standard dose of a painkiller (e.g. Paracetamol or Ibuprofen) about one hour before your appointment to reduce the discomfort.**
- Most women feel perfectly well following loop treatment. However, it is advisable to bring someone with you to accompany you home, as occasionally patients may feel faint shortly afterwards.

Alternatives to the procedure

There are several equally effective methods available to treat abnormal cells. The aim of all methods of treatment is to destroy all the cells affected by CIN, with the least disruption to normal tissue. The choice of treatment will depend on your particular case, the preferred method of the doctor doing the colposcopy, and on the methods available at the clinic.

Consequences of not having the procedure

The abnormal cells on your cervix could become cancer in the future.

Consent for treatment

Before you undergo Loop Diathermy the nurse/doctor will ask you to sign a form to obtain your consent to treatment. The doctor/nurse performing the treatment will discuss consent with you at your visit and answer any queries you may have.

Following your loop treatment:

- You may notice a vaginal discharge which may be pink, blood stained or even black and this may last up to 6 weeks and may be heavy at times.
- A solution called Monsel's is sometimes applied to the cervix following a Loop excision to prevent bleeding, which comes away as a black lumpy, gritty discharge.
- If you experience heavy bleeding (other than a period) or a smelly discharge, this could indicate infection and you should contact your GP. In most cases this can initially be treated with a course of antibiotics.

If the heavy bleeding persists then you should contact

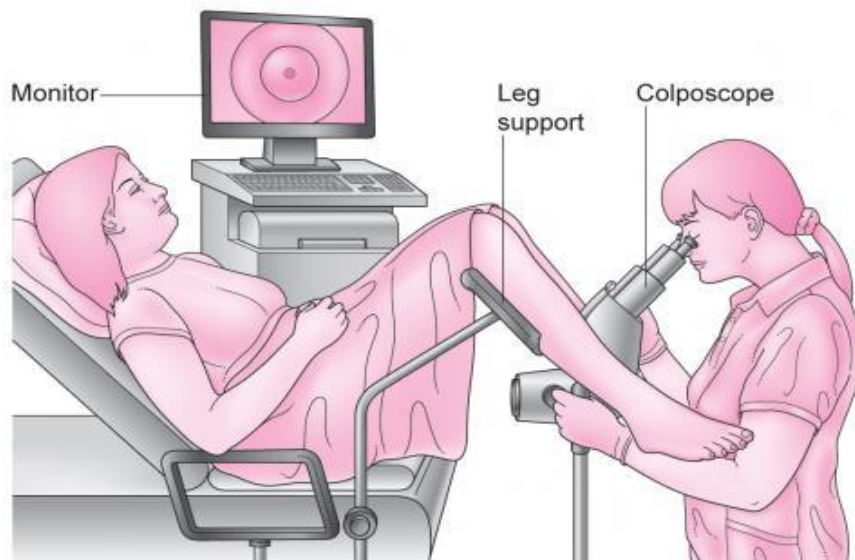
St Helens Colposcopy Unit 9am – 5pm on 01744 646301

Or

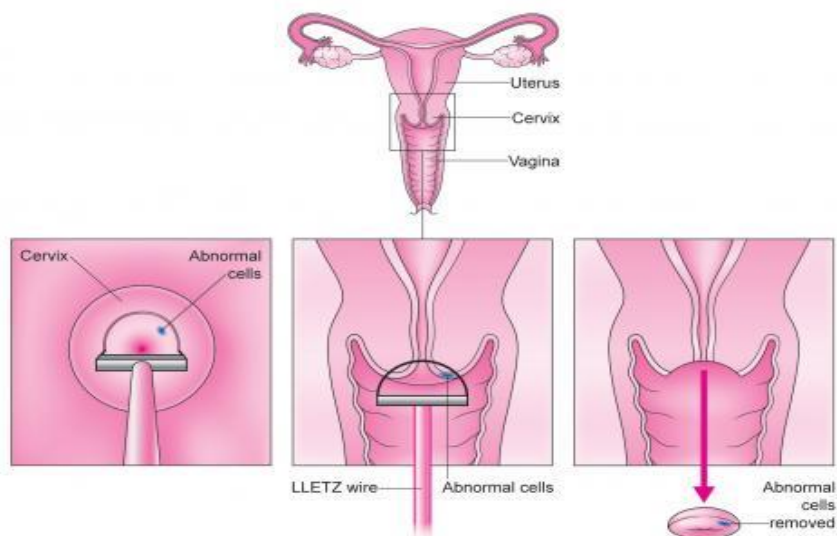
Ward 3E out of clinic hours on 0151 430 1522 for advice.

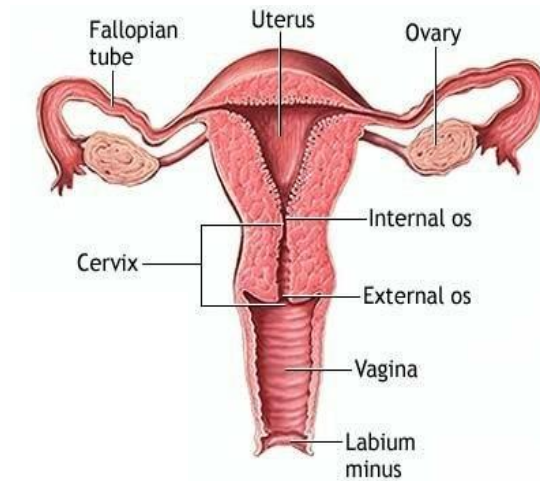
Some important information for you following your treatment

- **Do not** have sexual intercourse for 4 weeks
- **Do not** use tampons for the next 4 weeks
- Shower or bathe daily but **do not** put anything in the water, i.e. bubble bath or salt etc.
- **It is not advisable** to do any exercise, heavy lifting, or swimming for 2 weeks after treatment
- You will normally receive results in approximately 4 weeks by letter to your home address
- It is hospital policy not to give results over the phone
- Following your treatment your test of cure smear will be done by your GP. Sometimes depending on the results of your treatment your smear will be done in the colposcopy clinic. This information will be in your results letter



Loop procedure





Please note this treatment **cannot** be done whilst on a period.

If you are experiencing abnormal or irregular bleeding please telephone our clinic for advice.


Important Notices

If you have a coil it may be removed in clinic prior to your treatment. It is therefore important not to have unprotected sexual intercourse for 5 days before removal, and after treatment to use an alternative contraceptive method.

If you are unable to attend for your appointment please telephone the clinic in advance so that your appointment can be allocated to someone else.

We cannot stress enough the importance of your continued attendance at the St Helens Colposcopy Unit

**If you have any urgent problems out of clinic hours
Please contact Ward 3E on
0151 430 1522**



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