

# Loop Excision of the Transformation Zone (LLETZ)

## What is Large loop excision of the transformation zone (LLETZ)?

A LLETZ treatment removes abnormal cells from the cervix. It is usually performed if the results of a cervical screening test (smear test), cervix biopsy or colposcopy show high grade cell changes.

The LLETZ procedure, which is also known as loop electrosurgical excision procedure (LEEP), or diathermy loop biopsy, uses a small wire loop with an electrical current running through it to cut away the affected area of tissue and seal the wound at the same time. The procedure is usually carried out in clinic under local anaesthetic, where just the area being treated is made numb, but you will still be awake. The advantage of this treatment is that the cells are removed rather than destroyed, so that the tissue can be sent for further tests to confirm the extent of the cell changes and make sure the affected area has been removed. Although this may sound scary patients typically only feel a slight discomfort during the procedure.

## Post Treatment advice following

**You have just had a Loop Excision of the Transformation Zone (LLETZ) of your cervix to remove abnormal tissue.**

### What to Expect

1. You can usually expect some bleeding or a blood-stained discharge after treatment. This usually settles within 2 weeks but may last for up to 4weeks. The discharge should not be heavier than a period and should get progressively lighter. If this is not the case or the discharge becomes offensive or makes you sore this may indicate some infection and we suggest you contact your GP.
2. Period like pain may occur for a short time following treatment but it is usually eased by simple pain killers for example paracetamol, aspirin or ibuprofen.
3. In order to prevent infection and allow healing to occur, it is advisable to use pads rather than tampons until the bleeding stops, and also advise you to avoid sexual intercourse for four weeks and swimming for two weeks, or until any discharge has stopped.

**If you have any questions or problems following treatment, please contact the clinic (Direct Line 01228 814263) to speak to one of our members of staff.**

**West Cumberland Hospital - Colposcopy secretary 01946 523219  
Cumberland Infirmary - Colposcopy secretary 01228 814220**

#### **Useful contacts –**

**Gynaecology Specialist Nurse Cumberland Infirmary  
Telephone 01228 814217**

**Gynaecology Specialist Nurse West Cumberland Hospital  
Telephone 01946 523217**

**Colposcopy Specialist Nurse  
Telephone 01228 814220 - 814218**

#### **Results/Follow-up**

You and your GP will receive the results of your treatment sample and plan for your follow-up via letter in 3-4 weeks. You will require a cervical screening test (smear), 6 months after treatment, this is usually with your GP practice, this notification or changes to this will be included in your letter. If you have not received your results after four weeks please contact one of the colposcopy secretaries, **Carlisle 01228 814213 or West Cumberland 01946 523219.**

#### **Smoking**

You should be aware that smoking can make cervical changes occur more rapidly and more likely to persist or come back following treatment. Advice on stopping smoking is available from your GP, practice nurse.

#### **Pregnancy**

Risk of pre-term delivery is slightly higher for women who may require a deeper loop treatment or more than one treatment. If you are currently pregnant please keep your appointment, we can delay treatment (in most cases) until after delivery.

#### **Periods**

Some patients report a change in menstrual pattern which is usually temporary. If you are concerned see your GP who can refer you if necessary.

#### **Travel**

If you do travel within 2 weeks following your procedure remember it can be difficult to get medical attention when abroad and may not be covered by insurance.

#### **Travel Costs**

You may be entitled to help with travel costs. For more information please contact the NHS Patient Services Helpline on 0845 8501166 (8am-6pm)

Further information can be found at: <https://www.jostrust.org.uk>

#### **Confidentiality**

**‘The Trust’s vision is to keep your information safe in our hands.’**

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the [Subject Access Coordinators](mailto:Subject Access Coordinators)  
[SACCIC@ncuh.nhs.uk](mailto:SACCIC@ncuh.nhs.uk) or [SACWCH@ncuh.nhs.uk](mailto:SACWCH@ncuh.nhs.uk)

**Feedback**

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the PALS team (Patient Advice and Liaison Service) on 01228 814008 between 10.30 and 4.30 Monday to Friday or email [PALSCIC@ncuh.nhs.uk](mailto:PALSCIC@ncuh.nhs.uk).

If you would like this factsheet in another language or format, for example Braille, large print or audio the PALS team will be able to assist you (contact details above)

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