

Women's, Children's and Clinical Support, Gynaecology and reproductive Medicine, Colposcopy department

After your colposcopy treatment

Information for patients, relatives and carers

Following colposcopy treatment, it is important to allow time for the cervix, which is the neck of the womb, to heal, and to also prevent infection.

- Some vaginal bleeding is usual following treatment. How long this will last is unpredictable. It may start on the day of the treatment and last for three to six days. Bleeding may also start a week after the treatment and last as long as two to four weeks. The bleeding may stop and start. Or you may not experience any bleeding and that is normal too. You might notice a watery vaginal discharge too, please do not worry as this is normal.
- If you have to change a large/maxi sanitary pad every two hours or more, then please contact the hospital department. The bleeding should not be heavier than your normal period.
- Black specks may be seen in the blood, this is also normal, and due to the treatment, you have had.
- Your next period may be longer and heavier but should return to normal within three to four months.
- You may experience period-like pains for approximately 24 hours. Pain killers like paracetamol or similar that you can buy over the counter at your local pharmacy should help.
- Please do not use tampons for three to four weeks, even if you normally do.
- Avoid vaginal douching.
- You can have a bath or shower from the day of the treatment.
- Do not have sex for four weeks to allow the cervix to heal.

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- Avoid intense sports and activities, such as jogging, aerobics or swimming, for two weeks.
 - Some women (five to seven per cent) may develop an infection following their treatment and may need to take antibiotics. A sign of infection may be a smelly/offensive discharge and/or fever/high temperature. Should you experience any of these symptoms please contact the department.
 - You will be asked to return for a smear test and HPV screen six months after the treatment. This is to check that the abnormal area has been completely removed. It is important that you attend your follow-up appointment as about three to five per cent of women may require a second treatment.

What if I have any problems or questions?

If you need to speak to someone for advice after the treatment, please contact us on the numbers below.

St Mary's Hospital,
Colposcopy department, Winston Churchill Wing,
Praed Street, London W2 1NY.

Direct line: 020 3312 1289.
Appointment line: 020 3312 3326.
Nurse Specialists: 020 3312 1365
Email: **Colposcopyadvice.imperial@nhs.net**

If you need advice at night or at the weekend, contact the hospital switchboard on 020 3312 2238 and ask to speak to the Senior House Officer on call for Gynaecology. Your GP can also offer support or advice.

Other source of information

British Society of Colposcopy and Cervical Pathology: www.bsccp.org.uk

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 6666** (St Mary's and Western Eye hospitals). You can also email PALS at pals@imperial.nhs.uk. The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to express your concerns in **writing** to:

Complaints department
Fourth floor
Salton House
St Mary's Hospital
Praed Street
London W2 1NY

Alternative formats

This leaflet can be provided on request in large print, as a sound recording, in Braille, or in alternative languages. Please contact the communications team on **020 3312 5592**.

We have a free and premium wi-fi service at each of our five hospitals. For further information please visit our website: www.imperial.nhs.uk

Gynaecology

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