

## Cold Coagulation

---

### **Colposcopy**

### **Patient Information Leaflet**

This patient information leaflet aims to give you some information about the cold coagulation treatment and also help to answer any questions that you may have. There will be an opportunity to discuss the treatment with the colposcopist / nurse colposcopist at your appointment. We hope by increasing your understanding of the treatment, we will help you to feel less anxious when you come to clinic. You are welcome to bring a relative or friend with you.

## **What is cold coagulation?**

Cold coagulation is a procedure used to destroy abnormal cells on the cervix (neck of the womb). This is done using a heated probe which destroys the abnormal area. Local anaesthetic is injected into the cervix to numb the area. You may experience mild period discomfort during the procedure but it should not be painful. The heated probe is applied for 30 seconds - some women require more than one application but the whole procedure takes about 10 minutes.

## **Why should I have cold coagulation treatment?**

This procedure is being performed to destroy the abnormal cells on your cervix, which will help to reduce the risk of developing cervical cancer in the future.

## **What exactly happens when I come for treatment?**

Treatment is very similar to that of the colposcopy examination. You will have a consultation with the colposcopist / nurse colposcopist first, and then you will be taken into the examination room. You will be asked to undress from the waist down (if you wear a skirt, this does not need to be removed). You will be given privacy and time for this.

The colposcopy nurse will ask you to take a seat on the examination couch, providing you with a modesty sheet. The couch has padded supports on it on which you rest your legs. The colposcopy nurse will help you position yourself correctly.

When you are in a comfortable position the colposcopist will gently insert a speculum into the vagina, the same as when you have a smear test. The colposcopist will then use the colposcope to examine the cervix and also dab on the different liquids to help identify and highlight the abnormal areas.

Once this has been done the abnormal areas will be numbed using local anaesthetic. Time will be given for the local anaesthetic to work, and then the treatment will be carried out. The treatment can take around 10 minutes in total.

After the treatment the speculum will be removed and you will be asked to stay on the examination couch for a few minutes to rest. The colposcopy nurse will then ask you to get up and dressed in your own time, giving you privacy to do so.

Once you are dressed you will be taken into a recovery room where you will be given a hot drink and the colposcopist will then talk to you about the procedure.

## **After Treatment**

The procedure should not be painful but may cause some mild discomfort similar to period type pain. Paracetamol or ibuprofen should relieve any discomfort you may experience after the procedure.

You may experience a blood stained / watery discharge for the next four weeks following the treatment. Do not worry if you do not have any discharge, or it continues for slightly longer than four weeks, as everyone's cervix heals differently.

Your cervix needs time to heal. It is therefore advised NOT to have sexual intercourse or use tampons for the next four weeks or until the vaginal discharge stops.

You can have a bath or shower as normal but do not attempt to douche inside the vagina or use vaginal deodorants. Avoid putting anything in your bath water such as bubble bath, Savlon, Dettol, etc.

Avoid going swimming until the vaginal discharge has stopped. Other normal activities, including light exercise, may continue.

If you are planning to go overseas, check with your insurance company before you go. We advise that you do not travel abroad for at least two weeks following treatment. This is because of the risk of bleeding, and other complications.

You may consume alcohol in moderation. Your period may be heavier than usual.

## **Risks of the procedure**

Complications are very rare but occasionally infection may develop in the newly healing skin.

You may develop:

- A high temperature or strong smelling discharge
- Lower abdominal pain
- Heavy bleeding that is worse than a normal period

For these or any other concerns regarding your treatment, please contact your G.P. or Colposcopy Clinic for advice (contact details are at the end of this leaflet).

## **Follow up Appointment**

Following your cold coagulation treatment, it is very important that you have a cervical cytology test (smear) and Human Papilloma Virus (HPV) test (known as 'TEST OF CURE') six months after your treatment.

This test will be done at your GP surgery. It is very important that you attend this appointment.

The Colposcopy Clinic Team would be more than happy to answer any questions / queries you may have.

Please contact the numbers below and ask to speak to a member of the Colposcopy Clinic Team.

Claire Thornton / Lynda Jackson at Royal Lancaster Infirmary and Westmorland General – **01524 512338**

Sarah Mason / Pat Nicholson at Furness General – **01229 403616**  
(Monday – Friday 8:30am-4:30pm)

### **Out of Clinic and Surgery hours we advise you to contact:**

Ward 16 Gynaecology at Royal Lancaster Infirmary – **01524 5838220**

Ward 1 Gynaecology at Furness General – **01229 870870** (internal extension: 54107)

## **Useful Websites**

British Society for Colposcopy and Cervical Pathology -[www.bsccp.org](http://www.bsccp.org) Healthtalkonline - [www.healthtalkonline.org](http://www.healthtalkonline.org)

Jo's Cervical Cancer Trust -[www.jostrust.org.uk](http://www.jostrust.org.uk) NHS Choices - [www.nhs.uk](http://www.nhs.uk)  
Cancer Research UK – [www.cruk.org](http://www.cruk.org)

Cancer Screening NHS - [www.cancerscreening.nhs.uk](http://www.cancerscreening.nhs.uk)

## **Helpline**

Jo's Cervical Cancer Trust offers a listening ear for those seeking support and information about cervical abnormalities. Call: **0808 802 8000**

## **Leaflet Details**

**Approved by:** PD & ILG

**Date of Publication:** 22/02/2017

**Reference Number:** PIL058 / lc00010668

**Author:** Christine Winder

**Review Date:** 01/02/2020



## **Other formats**

If you would like to receive this information in an alternative format, then please contact: 01539 795497.

## **Travelling to our hospitals**

For the best way to plan your journey visit our website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 795497.

## **Useful Contact Details**

NHS 111 (for 24 hour urgent health advice): telephone 111

## **Your Information**

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 795497.

## **Evidence**

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

## **Feedback**

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

NHS Quit Squad - **0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

*University Hospitals of Morecambe Bay Trust: a great place to be cared for; a great place to work.*