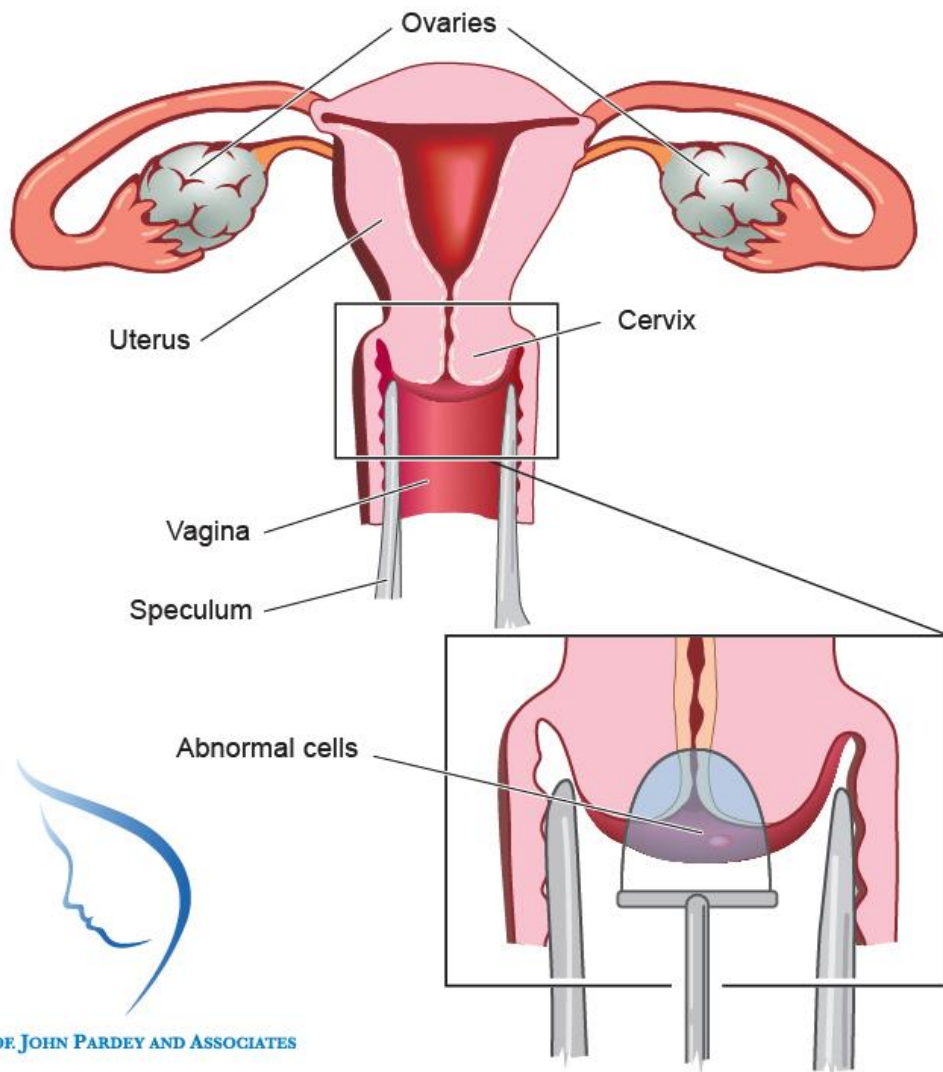


LLETZ (Large Loop Excision of the Transformation Zone)

What Is LLETZ?

LLETZ is short for Large Loop Excision of the Transformation Zone. LLETZ is a treatment for abnormal cells of the cervix. This procedure removes the abnormal tissue by cutting it away using a thin wire loop that carries an electrical current. Treatments for abnormal precancerous cells are highly effective at preventing cervical cancer.



How effective is a LLETZ?

In our experience LLETZ cures the problem 99% of the time. If LLETZ does not cure the abnormal cells you may have a repeat LLETZ procedure or alternatively, your Doctor may recommend another treatment option.

What Should I Do to Prepare for a LLETZ?

Try to schedule the LLETZ procedure for shortly after the end of your period. This will give your cervix time to heal before you have your period again. If you are on the pill you may simply defer your next period. Continue taking your medications as usual including contraception. You can use pain relief such as paracetamol or ibuprofen about an hour before your procedure to reduce the chance of discomfort.

How is a LLETZ procedure performed ?

During the LLETZ procedure the Doctor looks through a colposcope to see your cervix more clearly. The procedure may take about 15 – 30 minutes and is usually performed in our procedure room.

You are placed in the examination chair and into the same position used to have a Pap test. A speculum is inserted into your vagina to separate the walls and a vinegar-like solution is applied to make the abnormal cells more visible. This is then followed by an Iodine solution. Local anaesthetic is injected into your cervix and the Doctor uses an electrical wire loop to remove the abnormal tissue. The tissue is sent to a laboratory for testing. Blood vessels on the area are sealed to prevent bleeding.

Is LLETZ Painful?

Most women do not feel anything however some women may feel mild discomfort or cramping.

What Can I Expect After the Procedure?

After the LLETZ procedure you may feel mild cramping for a day or so. If you're uncomfortable use oral pain relievers such as paracetamol or ibuprofen.

You may have a watery discharge for several weeks which may be heavy and may be mixed with a little blood. There also may be **mild** odour to the discharge. In addition to normal bathing, wash your labia (lips of the vulva) with plain water several times a day for a few days. Do not douche or use tampons for several weeks after having the LLETZ procedure.

In general, women should wait 6 weeks after having the LLETZ procedure before having vaginal intercourse. This allows the cervix to heal and reduces the risk of infection.

If you experience abdominal pain, fever or chills, very heavy bleeding or a vaginal discharge that has an offensive odour, you should contact our rooms immediately.

Is a LLETZ Safe?

Most women do not have any serious side effects after the LLETZ procedure. Rare complications of LLETZ include ;

- Damage to other pelvic organs or the wall of the vagina
- Secondary haemorrhage (a very heavy bleed that can occur 7-14 days post procedure). In our Practice we have had only one of these in the last 20 years.
- Pelvic infection which can occur if you have sex before the cervix heals.
- Reaction to local anaesthesia.
- Nerve response causing a short lived drop in blood pressure (called a Vagal reflex) can sometimes occur and this can be associated with Nausea. Your consent to this procedure means you consent to measures that may be required to manage the complication.

LLETZ **MAY** increase the risk of miscarriage or preterm birth in future pregnancies. The risk is related to how much cervix needs to be removed. The evidence suggests that the risk is very low, unless a large amount of cervix was to be taken.

Please discuss this with your Doctor if you are planning a pregnancy in the near future.