



Information for  
patients and  
carers

**Cold Coagulation Treatment  
of the cervix**

## Following this procedure:

- You may experience some discomfort or pain; this can be relieved with simple painkillers such as paracetamol or ibuprofen
- You are likely to experience a vaginal discharge. This may be pink, blood-stained or even blackish and can last two to four weeks
- Your next period may be a little heavier, or earlier, or later than usual
- Keep taking the contraceptive pill as usual. If you are not on the pill, use your normal birth control method when you start having sex again
- Problems are rare but infection can occur. You should report any signs of infection to your GP or the colposcopy clinic:
  - High temperature/fever
  - Offensive vaginal discharge
  - Bleeding that is not a period
  - Persistent pain

To avoid infection and aid healing:

- Wash or shower daily, rather than soaking in the bath
- Use non-perfumed soap
- Avoid strenuous exercise, heavy lifting and swimming for two weeks.
- Do not have penetrative sex for three weeks
- Use sanitary pads, not tampons, for your next period

## Follow up

You will be sent a 6 month follow up appointment at your GP surgery/practice nurse for a repeat cervical smear and test of cure for the high-risk HPV.

## Contact details

Should you require further advice or information please contact:

Colposcopy office: 01772 524615

Out of hours: 01772 524231

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.nhs.uk/conditions/cervical-screening](http://www.nhs.uk/conditions/cervical-screening)

[www.webmd.com](http://www.webmd.com)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دوسری زبانوں اور ریڈنگ کی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو  
یہی چھپا جس کی یہ ابی دست ہو سکت ہے براے مہر یان پوے چھہ ہی۔ معلومات

**Arabic:**

مطبوعه بأحرف كبيرة وبلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يرجى أن تطلب  
أخرى يمكن أن توفر هذه المعلومات

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