

Kingston Health  
Sciences Centre

Centre des sciences de  
la santé de Kingston

# LOOP Electrosurgical Excision of the Cervix



Hôpital  
Hotel Dieu  
Hospital



Hôpital Général de  
Kingston General  
Hospital

### **What is loop electrosurgical excision of the cervix?**

Loop electrosurgical excision of the cervix (LEEP) is a treatment for dysplasia (abnormal cells). During the treatment, the doctor removes abnormal cell areas from your cervix using a small wire loop.

### **Where do I go for the treatment?**

Loop electrosurgical excision of the cervix is done in the colposcopy clinic at KGH.

This is located in the Dietary wing on level 1.

Treatment times are limited. Please keep your appointment. If you can't keep your appointment, please let us know well ahead of time

If you have questions or concerns, call your doctor or the colposcopy nurse at (613-548-6073).

If the colposcopy nurse doesn't answer the phone, please leave a message. The nurse is not in the clinic everyday but will return your call.

What happens if I am pregnant or think I'm pregnant before my treatment?

Please tell the doctor. You won't have a treatment if you are pregnant.

### **What if I am nervous?**

We understand this process can cause anxiety. Knowing what to expect before your appointment can help to decrease nervous feelings.

Feel free to contact the colposcopy nurse office at (613) 548-6073. We would be more than happy to improve your experience and provide support in any way possible.

### **How do I get ready for my treatment?**

- Eat as usual before your treatment.
- Keep your appointment if you have your period. This does not change the results of the treatment. Please let your doctor know if you are in the heavier days of your period as they may wish to postpone your appointment.
- Tell your doctor or colposcopy nurse if you take any medication or have any allergies.

- Arrange for someone to accompany you during your appointment and take you home after your treatment. You will not have your treatment completed if you do not have a driver.
- If you have an IUD in place, it can be kept in place in *most* circumstances. It is very important to discuss this with your doctor before your appointment.
- Please remove any metal genital piercing prior to appointment

### **What happens during the treatment?**

The doctor freezes the area with numbing agent similar to one used in the dentist (anesthetic), which feels similar to the biopsy. This means that you do not feel pain during the treatment. You *may* feel cramps in your lower abdomen, which are similar to those you experience with your period.

Then the doctor uses a small wire loop with a low electrical current to cut away a thin layer of the surface cells on the cervix. You may hear a humming noise during the treatment, but you shouldn't have any discomfort.

At the end of the treatment, the doctor applies a thick yellow paste on your cervix.

You will be given 5-10 minutes to rest after the treatment.

### **What can I expect after the treatment?**

The thick yellow paste is applied to help stop the bleeding. You may not have any bleeding until this paste is absorbed or falls off. If the paste falls off, you pass the paste through your vagina. The colour may be dark yellow, brown, black, or ash.

The doctor may insert an object to help with the bleeding. If this happens you will be given instructions.

You may have vaginal discharge for up to 3 weeks after your treatment. This discharge is caused by bleeding from your cervix as it heals. The discharge may be pink to dark red, brown or black. The bleeding should not be heavier than your normal period. When the bleeding stops, you may have a yellowish discharge for up to 10 days.

You may use pads or tampons. If you use tampons change them every 3 hours. This helps prevent infection.

You may have mild to moderate period-like cramps in your lower abdomen for 1 to 2 days. For pain you may take Aspirin, Advil or Ibuprofen as per the instructions on the container as long as you have not been told previously that you are unable to take NSAIDS (Advil/ASA/ Motrin/Ibuprofen). This type of medication tends to work better at providing relief from pain than alternative medications such as Tylenol.

Shower or bathe as usual. If you douche, don't douche until your vaginal discharge stops.

If you take birth control pills, continue to take them.

Don't have sex until the discharge stops. This helps prevent infection, bleeding and delayed healing. If you have vaginal bleeding after sex, don't have sex for 7 more days.

Don't lift heavy objects or exercise until 2 days after your treatment, or until bleeding stops. This helps prevent bleeding problems. You may continue your other usual activities.

Do not soak in a hot tub or bath, or swim in a public pool or body of water for three weeks after treatment depending on your doctors' recommendations.

You should get your next period at your regular time. Your next 2 periods may be heavier than usual. Don't worry about changes in your period for 1-3 cycles following treatment.

**Go to the nearest hospital emergency department if you have.**

- chills or a temperature above 38.5C (101 F)
- vaginal bleeding with clots that are bigger than a one-dollar coin.
- vaginal bleeding that is heavier than your normal period, or are soaking a pad in less than one hour
- pain that doesn't go away when you take enteric coated ASA or ibuprofen.

**Call the colposcopy nurse if you have**

A very itchy, foul smelling, yellow vaginal discharge.

Contact Information

- Hours: 0800-1200 Monday, Tuesday, Friday
  
- Phone Number: (613) 548-6073
  - Results and return messages are offered from 0800-1200 Monday, Tuesday, and Friday
- E-mail: [colpoclinic@kingstonhsc.ca](mailto:colpoclinic@kingstonhsc.ca)

**Do I need to see the doctor after my treatment?**

Your doctor will tell you to come back to the colposcopy clinic or see your family doctor after your treatment. Keep your appointment. A follow-up colposcopy is needed to make sure that the treatment was successful. This usually happens at least twice.

If you return to the colposcopy clinic, you will have another colposcopy exam and Pap smear. If you go to your family doctor, you will have a Pap smear.

Remember: Do not douche or have sex for 24 hours before the Pap smear. This may affect the results and you will need another Pap smear.

Follow-up appointment

Place \_\_\_\_\_

Date \_\_\_\_\_

Time \_\_\_\_\_