

Title: Cryocautery

What is the procedure/operation/treatment that I am to have?

Cryocautery is a treatment which involves freezing an area on the cervix (neck of the womb)

Why do I need it?

Cryocautery is usually performed for patients who have excessive vaginal discharge or bleeding after intercourse as this can be inconvenient and troublesome for some patients.

What benefits are there to having it?

The troublesome symptoms of bleeding or excessive vaginal discharge should improve. It is quick, simple procedure performed in a clinic setting.

Are there any alternatives?

You can consider no treatment to see if the symptoms resolve naturally. An alternative treatment you may be offered is Semm. This is a heat treatment to the cervix.

What risks are there?

There is a slight risk of infection after the procedure that may cause an offensive vaginal discharge.

What side effects might there be?

Some patients may develop a 'period like' pain during and after the treatment.

Do I need any preparation before I come for the procedure / operation / treatment?

You do not need any special preparation before you attend for the procedure. You are welcome to arrange for a friend or relative to accompany you to the appointment for support. Please have something to eat before you attend for your appointment. You may wish to wear a skirt if you do not wish to remove all your lower clothing. You may have a watery discharge following treatment so you may wish to bring your own sanitary towel with you and suitable underwear.

What sort of anaesthetic will I have?

No anaesthetic is required as the treatment usually causes only a 'period-like' pain which often settles when the procedure is complete.

What will happen when I arrive for the procedure/operation/treatment and who will I meet?

You will be greeted at the reception desk where a member of staff will confirm your details. You will be asked to be seated in our waiting room where you will be called through for your appointment by a member of staff working in the clinic. The doctor performing the treatment will introduce themselves, explain the procedure to you to ensure you are fully aware what to expect. You are welcome to ask any questions that you have.

Will I need to sign a consent form or give verbal consent?

You will be asked for verbal consent for the procedure.

What does the procedure involve? How long does it last? What does it feel like?

You will be assisted by a member of staff on to a special couch that may have leg supports. When you are lying comfortably the doctor will gently insert a speculum (a small instrument used to view the cervix) into the vagina. A small probe is then placed on the cervix for approximately two minutes. This probe 'freezes' the area on the cervix. Some ladies experience a 'period like' pain during the treatment that usually settles down once the treatment is finished..

What happens after the procedure?

(e.g. pain control, nursing checks, stitches)

After the treatment is complete you can expect a watery discharge that can last up to four weeks. You may also have some light blood loss. We advise that you wear sanitary pads while you have the discharge. Do not use tampons and avoid intercourse for four weeks following treatment to allow the area to heal and reduce the risk of infection. If you have some discomfort that does not settle after the treatment is completed you may take some simple painkillers such as Paracetamol.

How long will I need to stay in hospital?

You will be discharged home from the clinic once the procedure is completed.

When I go home will I need someone with me or have any special equipment?

No you do not require anyone to stay with you or any special equipment.

Will I need any particular care at home? Do I need any follow up care and/or to see my GP?

No you do not require any particular care at home. You may be asked to make another appointment in the clinic so that you can be reassessed. It may be necessary to repeat the treatment to resolve inconvenient symptoms that have still not settled.

What can go wrong once I'm home? Are there any signs I should look for and what should I do?

If you experience an offensive smelling discharge or severe pain then it is advisable to see your GP or contact the clinic for advice on the numbers provided below.

When can I start my normal activities again?

(e.g. driving, sport, work, sex etc)?

You should avoid sexual intercourse and use of tampons for four weeks. All other activities can be resumed.

Who can I contact if I have more questions?

If, following your treatment you are concerned about anything you can speak to a nurse in

Women's Health Care 01204 390390 ext. 4861 (Monday to Friday 0830-5pm)

M1 Ward 01204 390718 - Anytime

Where can I find more information such as support groups and websites?

There are no support groups for cryocautery.

There are many websites on the internet with information on cryocautery, none of which we would recommend for their content.

We recognise that not everyone will find this document easy to read. We can arrange for large print, audio tape versions and for summaries or explanations in other languages. Please call 01204 390193 if we can help.

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