



Discharge information after



LLETZ (Large Loop Excision of the Transformation Zone)

After-care:

- You can expect to have blood-stained discharge for a few days, which may become dark brown or black.
- You may have pink watery discharge following this for up to 3 weeks.
 - You may experience period-type pain for around 3 days.
 - Use Paracetamol and Ibuprofen as needed.

Paracetamol only if you are asthmatic/intolerant/allergic to Ibuprofen.

Things to avoid:

For the next 4 weeks after treatment, please avoid:

- Tampons/menstrual cups as they may impair healing and introduce infection – please use sanitary pads instead.
- Any form of penetrative vaginal sex.
- Heavy exercise that causes you to sweat, such as running or a gym workout.
- Swimming/long baths – you can continue to shower as normal.

Contact your GP, Colposcopy clinic, 111 or the Surgical Hub if you experience:

- Offensive smelling discharge.
- Severe or worsening pain.
- Heavy bleeding.

Additional information:

<https://www.rcog.org.uk/for-the-public/browse-our-patient-information/large-loop-excision-of-the-transformation-zone-lletz/>

Key Contact numbers

If you have any concerns, you can contact:



Your GP or 111

Colposcopy clinic (9am-5pm Monday – Friday): **02921 841860**

Gynae ward at UHW (24 hours): **02921 843857**

Surgical Hub (7am-7pm Monday-Friday) – **02921 826510 or 02921 826348**