This leaflet has been designed to give you important information about your condition / procedure, and to answer some common queries that you may have.
What is Cryotherapy and why is it being performed?

The word kryos means frost in Greek, and this treatment requires freezing of the cells to the cervix.

Cryotherapy is performed for women who have been investigated and have been found to have an ectropion. This means that the cells lining the cervical canal lay on the outside of the cervix. Therefore symptoms of a non-itchy discharge and occasional bleeding following sexual intercourse are present. An ectropian is harmless but particularly common in women who are pregnant, who have had children, or are taking the combined oral contraceptive pill.

Is there anything I need to know before I attend the clinic?

- Prior to your appointment you will receive a letter confirming the date and time. If this appointment is not suitable please contact the telephone number printed at the back of this booklet to arrange one more suitable to you
- You can eat and drink prior to your appointment
- Please bring a note of the date of your last period
- Please bring a list of any current medications you have been prescribed, including the contraceptive pill
- You are welcome to bring a companion if you would like some support or company during the procedure. We do have an excellent team of nurses in the clinic and they will be with you throughout the procedure, and will talk to you and hopefully alleviate any anxieties you may have
- Please note we cannot provide child care, therefore we politely request that you do not bring young children with you
- Do not attend the clinic if you are menstruating (having a period). If so, please ring to arrange another appointment

When you arrive at the Clinic

If attending at Scunthorpe General Hospital, you will need to go to the Gynaecology Outpatients Clinic.

If you are attending at Goole & District Hospital, you should ask at the main reception desk in the hospital for directions to the Midwifery Centre, from here you will be directed to the Colposcopy clinic.

When it is your turn you will be shown into the examination room and the Doctor or nurse will ask you some questions regarding your periods, any abnormal bleeding, use of contraception, and any serious illnesses you may have had as well as details of any previous treatment.

You will be shown into a changing room by a nurse and asked to remove your underwear below the waist. It will be more convenient for you if you wear a skirt as you will be able to keep this on. If you attend the clinic in Goole you may find the doctor speaks to you first, after which you will be shown into a changing room.

Who will be present?

Normally, only the Doctor and two nurses are present. Occasionally a doctor in training, a medical student or a nursing student may be present. Only one of these will be present at any one time. Your help and co-operation in the training of these doctors and nurses of the future would be greatly appreciated.
However, if you do not wish any observers or trainees to be present please inform the clinic nurse.

**The Examination**

- You will be introduced to the doctor who will explain and perform the procedure. Time will be given to allow questions or concerns regarding your presenting symptoms and forthcoming treatment.
- Consent (oral or written) from you will then be taken prior to the procedure. This may involve a form to be signed by you and the doctor once complete understanding is achieved. A copy of this form will be given to you also prior to leaving the clinic today.
- You will be awake throughout the procedure and will be ready to go home within 30 minutes of having the treatment performed.
- The nurse will assist you onto the examination couch. Your legs are supported on two leg rests, a cover will be provided to try and limit exposure to you at this stage and help in maintaining optimum dignity.
- The doctor will then use an instrument called a speculum to open the vagina and visualize the cervix (like when having a smear test performed). We appreciate how uncomfortable this can be but the nurses in the clinic aim to provide you with complete support to allow the procedure to be completed as efficiently as possible. No anesthesia is required due to the few nerve endings on the cervix.
- A small instrument called a cryoprobe is gently held onto the cervix. At this stage you will hear a loud whooshing noise as gas is released from a small cylinder. It is this gas which allows the probe to become very cold (-60°C) and allow treatment to be performed aiding relief from your present symptoms. At this stage, a few ladies experience a mild period pain.
- Once the procedure is complete and the nurses are happy that you are well enough to leave the clinic room, you will be allowed home. The nurse or doctor will inform you of any information you need to know, follow up appointment and also check with you that you have received this written information and understood the content. You may wish to have someone drive you home following this procedure.

**What happens after the treatment?**

Most women do not feel any discomfort after the procedure. If you do have some discomfort, you should take your usual pain relief when you return home (for example, paracetamol). You may go back to work on the same day if you feel able to.

You may have some bleeding and discharge from your vagina up to six weeks afterwards. You should not worry about this, but if the discharge starts to smell please contact your GP for further advice as it could suggest an infection.

If your bleeding is heavier than your normal period or you are passing blood clots, you should contact your GP or attend Accident & Emergency Department. If you are a Goole patient, please attend the Minor Injuries Unit at Goole District Hospital. You may be asked to come to the hospital to be checked over or be referred back to the clinic for a check-up.
DO NOT have sexual intercourse, swim or use tampons for 3-4 weeks. These measures allow the cervix to heal as quickly as possible.

It is best to take things easy for the rest of the day. If you have children it is best to arrange help with a relative or friend.

What are the benefits of this treatment?
The benefits of having this treatment are that it will reduce the chance of heavy vaginal discharge and or vaginal bleeding in between periods and after sexual intercourse.

Risk of Cryotherapy
- **Infection** – there is a slight risk of infection following this procedure. Signs of infection are a smelly discharge, high temperature and or pain. If you think you have any of these make an appointment with your GP as soon as possible as they will be happy to assess you and offer the appropriate management.

- **Pain** – you may experience some period type discomfort immediately after this procedure. This should improve throughout the next 24 hours, if it does not and your period is not due then seek advice from your GP or local Accident and Emergency department where they can assess you and offer the appropriate pain management.

- **Pregnancy related** – this treatment will not affect your fertility i.e. the ability to conceive, although we do advise you to abstain from intercourse for 4 weeks to allow your cervix to heal satisfactorily.

Every effort is made to reduce the risk of complications occurring. If you have any concerns, please, please discuss these with your consultant, member of clinic staff or your GP.

Are there any alternatives to this treatment?
There is only one alternative treatment available at this Trust which is diathermy to the cervix (see below). This is where the ectropion cells are burnt away. The method of treatment will have been discussed with you at your last appointment.

**Diathermy** – A ball-shaped diathermy probe is applied to the cervix which burns away the cells which are causing the problem. This probe becomes very hot and allows treatment to be performed providing relief from your present symptoms. At this stage a few women may experience some mild discomfort.

Follow up appointments
A review appointment with your own GP in 4-6 weeks is recommended to ensure the wound is healing.

Unfortunately this treatment may need repeating in the future if similar symptoms reoccur.

Contact telephone numbers
If you have any concerns/queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

Appointments
Scunthorpe appointments (01724) 290150
Goole appointments (01724) 290170

For more information about our Trust and the services we provide please visit our website: www.nlg.nhs.uk
For Scunthorpe General Hospital

Colposcopy Secretary (01724) 282282 ext 2666 Gynaecology Nursing Team ward 19 (01724) 387753

Nurse Colposcopist (01472) 874111 ext 2820

Concerns and Queries

If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

For Diana, Princess of Wales Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

For Scunthorpe General Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which situated on C Floor.

Alternatively you can email: nlg-tr.PALS@nhs.net

Confidentiality

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.).

Everyone working for the NHS has a legal duty to keep information about you confidential. Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth.

Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

Zero Tolerance - Violent, Threatening and Abusive Behaviour

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients / visitors that the following inappropriate behaviour will not be tolerated:

• Swearing
• Threatening / abusive behaviour
• Verbal / physical abuse

The Trust reserves the right to withdraw from treating patients whom are threatening / abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

Risk Management Strategy

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

Please tell a member of staff on the ward or in the department you are attending / visiting.

Moving & Handling

The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by nursing staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when

For more information about our Trust and the services we provide please visit our website: www.nlg.nhs.uk
mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust, please speak to a member of staff in the ward or department you are visiting.

Northern Lincolnshire and Goole NHS Foundation Trust
Diana Princess of Wales Hospital
Scar tho Road
Grimsby
01472 874111

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
01724 282282

Goole & District Hospital
Woodland Avenue
Goole
01405 720720
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