

Information for women who are having a Cold Coagulation

What is cold coagulation?

Cold coagulation is a procedure used to treat women with abnormal cells on the cervix (CIN). Despite the name of this treatment this procedure uses a hot probe to destroy the abnormal cells. This treatment is only suitable for some women. Based on your biopsy results and Colposcopy examination this is the best treatment for you.

How is it done?

The treatment is done in the Colposcopy clinic and similar to the examination you had before your biopsy. Local anaesthetic is used to numb your cervix. The treatment involves applying the probe to your cervix for approximately one minute.

Is it painful?

For the procedure itself your cervix is completely numbed and most women will feel no discomfort. Occasionally there may be a mild period like cramp. You may take paracetamol if you feel this is necessary.

What happens after the procedure?

We ask you to stay in the department for 15 minutes. We will provide tea or coffee. If you wish you may bring someone with you although this is not necessary for most women.

What should I expect after the treatment?

It is normal to have some light bleeding and discharge for up to four weeks following the treatment. Initially the discharge will be red or brown, but this often becomes a clear watery discharge after a few days.

It is unusual to have heavy bleeding after this treatment. If this happens you should phone the Colposcopy clinic (01 8176844/ 01 8176874) and discuss this with one of the nurses. If the clinic is closed, you should phone the emergency room of the Rotunda Hospital (01 8730700).

If you develop a heavy vaginal discharge which has an offensive (bad) smell, it may indicate that you have an infection. If this happens, please contact your GP who may wish to prescribe antibiotics. If you are in doubt, contact the colposcopy clinic nurse for advice.

Will this treatment affect my ability to have children?

There is no evidence to suggest this treatment will have an effect on becoming pregnant. Women who have this treatment do not have an increased risk of miscarriage or premature birth.

I have a coil fitted, will this need to be removed?

Coils and Mirena devices are left in place during the treatment.

What if I am pregnant?

It is not possible to have this treatment if you are pregnant. As a precaution we do a pregnancy test for all women before doing the treatment.

What if my period is due?

If your appointment has been made for a day when you have a period please phone the secretary to rebook the appointment.

I'm going on holiday, what should I do?

If you're planning to go abroad and we have sent you an appointment for treatment please call us. We would normally suggest you do not travel abroad for at least two weeks following the treatment.

What do I need to do after I go home?

We advise that you go home after the treatment and rest for the remainder of the day. You should be able to go to work the next day.

Do not have sexual intercourse for four weeks following the treatment, this allows your cervix to heal and reduces the risk of bleeding and infection.

You can shower on the day of your treatment. Do not swim or have a bath for at least four weeks.

Do not use tampons for 4 weeks post treatment.

Avoid strenuous exercise such as jogging and going to the gym for a week.

What should I do if I have a problem or concern?

If you have any questions about Cold Coagulation, please telephone:

01 8176844/8176874/8172518 (The Colposcopy Nurses)

Will I have a follow-up appointment?

You will be given a clinic appointment of a smear and HPV test. This is done six months after your treatment.

If you cannot attend for any reason, please telephone:

07 8176841 (The Colposcopy Secretary)