



GYNAECOLOGY PLUS  
FERTILITY + BODY + WELLNESS

# LLETZ

## Patient Pre & Post-Operative Handout

**LLETZ (Large Loop Excision of the Transformation Zone)** is a procedure used to remove abnormal cells from the cervix.

The procedure aims to remove abnormal cells from the surface of the cervix and may be performed under local anaesthetic in the clinic or under general anaesthetic in hospital.

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### BEFORE YOUR PROCEDURE (PRE-OP)

#### Preparing for Your Procedure

- Take 2 Paracetamol 30 minutes before your procedure. (Do not take Nurofen or aspirin)
- If you have your period on the day of your appointment, the procedure may still be able to proceed. Please contact FBW if you have any concerns.
- The procedure usually takes approximately 30 minutes.

#### What to Expect During the Procedure

- You will lie on a bed with your legs supported.
- A speculum will be inserted into the vagina (similar to a cervical screening test).
- A solution will be applied to the cervix to help identify the abnormal cells.
- Local anaesthetic will be used to numb the cervix. This may cause a sharp sensation and a temporary "racing" heartbeat.
- A small sample of cervical tissue will be removed and sent to the laboratory for testing.
- Bleeding vessels will be sealed following the procedure.

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### AFTER YOUR PROCEDURE (POST-OP)

#### Rest & Activity

- Arrange for someone to drive you home if required.
- Rest for the remainder of the day following your procedure. You should be fine to return to work the next day.

#### Restrictions

For **2 weeks following your procedure**, avoid:

- Sexual intercourse
  - Heavy lifting
  - Vigorous exercise
  - Public swimming pools and spas
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## RESULTS

Your gynaecologist will contact you with your results and advise if any further follow-up is required.

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## WHAT TO EXPECT

- You may experience light bleeding or spotting.
  - Mild cramping is common. Paracetamol can be used if required.
  - A heavier watery or blood-stained discharge may occur while the cervix heals, usually for **1–3 weeks**.
  - Use pads or liners instead of tampons.
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## FUTURE PREGNANCY

Following a LLETZ procedure, you can still become pregnant.

Some women may have a slightly increased risk of premature birth after this procedure. If you have concerns, please discuss these with your doctor before your procedure.

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## WHEN TO CONTACT US

Please contact FBW if you experience:

- Heavy bleeding
- Severe pain
- Fever (temperature greater than 38°C) or feeling unwell
- Offensive-smelling discharge

### FBW Gynaecology Plus (Business Hours)

8297 2822

### After Hours:

Contact your GP or Ashford Emergency Department  
8375 5205

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