

Easy Read



Sgrinio Serfigol **Cymru**  
Cervical Screening **Wales**

# About your colposcopy appointment



GIG  
CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales



[phw.nhs.wales/cervical-screening](http://phw.nhs.wales/cervical-screening)

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# How to use this leaflet

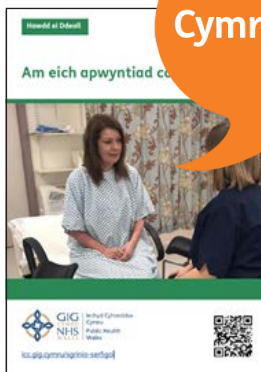
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This is an Easy Read leaflet. The words are easy to read and understand. Difficult words are in **bold** the first time they are used.



You may need help and support to read and understand this leaflet. Ask someone you know to help you.



Cymraeg

This leaflet is available in Welsh.

# What is this leaflet about?



This leaflet will tell you what will happen at your **colposcopy** appointment.



**Colposcopy** is a hospital appointment to check the health of your cervix. The **cervix** is inside your body at the top of your vagina.



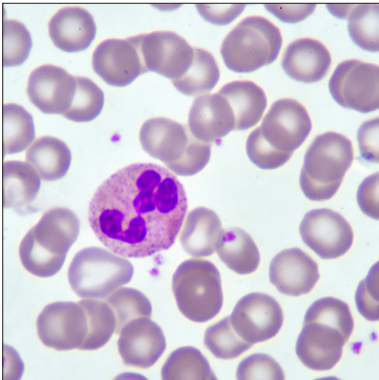
The nurse or doctor will look at your cervix closely to see if the cells on your cervix have changed.



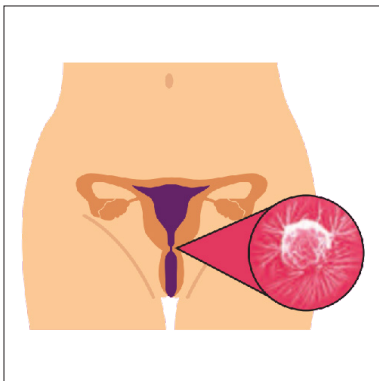
This does not mean you have cervical cancer.

# Why do I need a colposcopy?

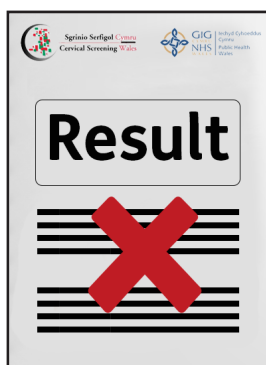
**You may need a colposcopy because:**



Your cervical screening (smear test) result showed some changes in the cells of your cervix.



Your cervical screening tests have shown the **human papillomavirus (HPV)**. Some types of HPV can cause cells in your cervix to change.



You have had your cervical screening but we could not give you a result.

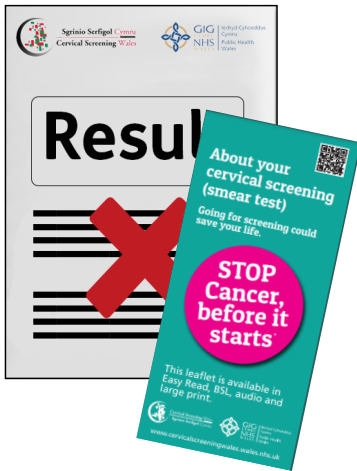


You can find out about HPV in our Easy Read leaflet '[Having a smear test and testing for a virus called HPV.](#)'

Or go to our website [phw.nhs.wales/](http://phw.nhs.wales/) and search for 'Cervical Screening'.



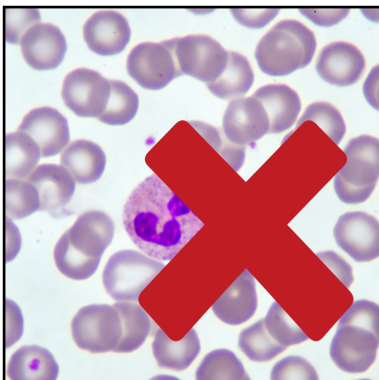
# What does it mean if I have changes?



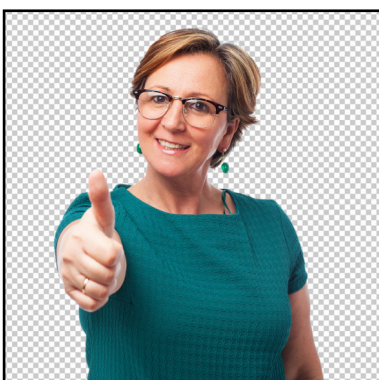
Your cervical screening result letter will tell you if you have cell changes.



If you have cell changes you may need to have treatment to stop them becoming cervical cancer.



Not all cell changes need treatment.



Most women who have colposcopy do not have cervical cancer.

# What will happen at the clinic?

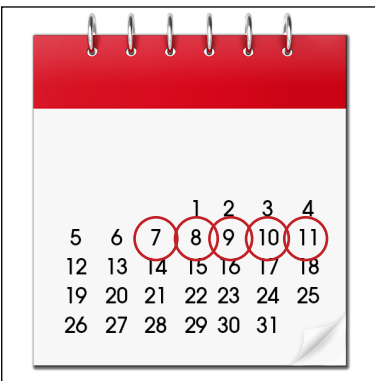
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You can take a relative, friend, carer or support worker with you.



The nurse or doctor will tell you why you are at the clinic and what they are going to do. Before a nurse or doctor can treat you, they must check that it is OK with you. You can ask any questions.



It is helpful to know the date of your last period.



The appointment will take about 15 minutes.



# What will happen at the clinic?



You will be asked to take off your clothes from the waist down. It may be easier if you wear a skirt or a dress.



You will be given a gown or paper towel to cover yourself. You will need to get on a special bed.



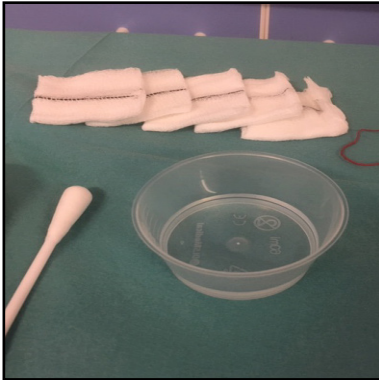
The nurse or doctor will put a **speculum** gently inside your vagina. This is the same instrument used when you had your cervical screening.



The nurse or doctor will look at your cervix more closely using a special instrument. This will not go inside your vagina.

# What will happen at the clinic?

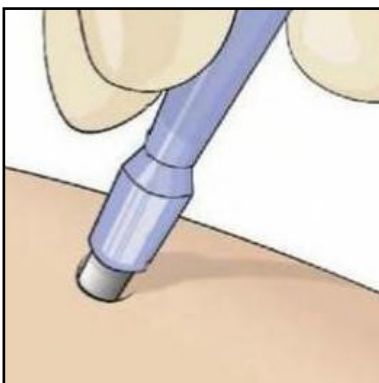
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The nurse or doctor will put some liquid onto your cervix. This may feel cold or can tingle.



In some clinics you can see your cervix on a screen.

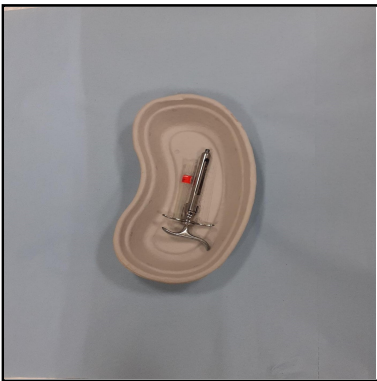


The nurse or doctor may take a **biopsy** if they think you have cell changes. A biopsy is a small piece of skin taken from your cervix.

# What about your treatment?



You may be offered treatment to get rid of cell changes. There are different ways to treat cell changes. The nurse or doctor will explain this to you.



You may need a **local anaesthetic**. This is an injection into the cervix so the treatment does not hurt you. You will be awake during the treatment.



Some clinics will only offer treatment if you have someone with you.

# Does the treatment work?

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Treatment is nearly always successful.  
Some women might need to come back to be treated.

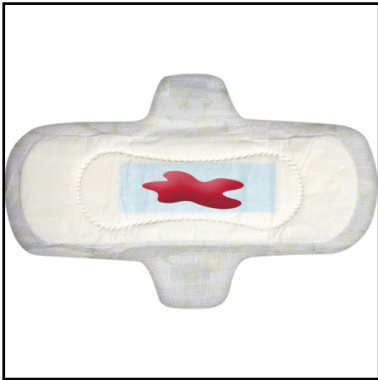


It is very important to go for more tests when you are invited.



Treating cell changes is the best way of stopping women from getting cervical cancer.

# Important things to know



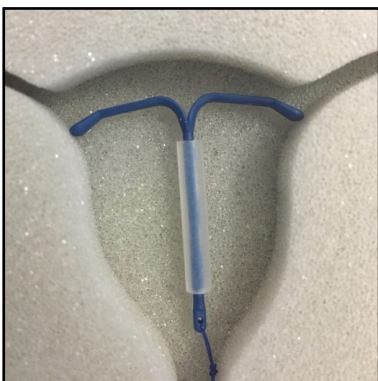
If you have your period on the day of your appointment please ring the clinic.



If you are pregnant it is still Important to go for your colposcopy appointment.



If you are pregnant you will usually have to wait until after your pregnancy to have treatment.



If you have a coil, use condoms or do not have sex for 1 week before your appointment.



# After your colposcopy appointment - biopsy

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If you have had a biopsy, for **1 week** after your appointment:



- Do not have sex



- Do not use tampons



- Do not go swimming



# After your colposcopy appointment - treatment

If you have had treatment, for **4 weeks** after your appointment:



- Do not have sex



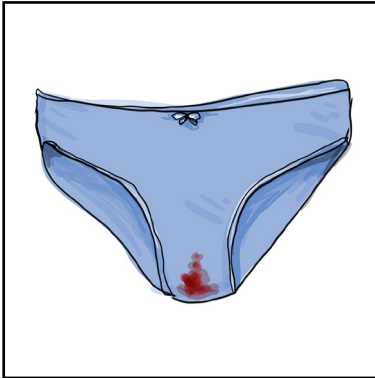
- Do not use tampons



- Do not go swimming

# What if I feel unwell after my colposcopy?

Ring your colposcopy clinic or your doctor if you notice:



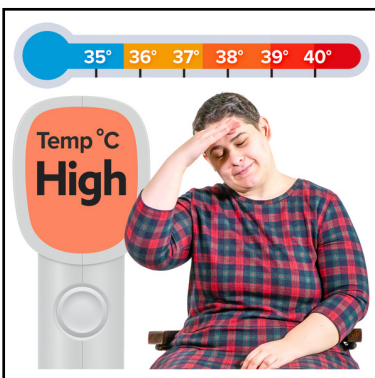
- Heavy bleeding from your vagina that is not your period.



- **Discharge** from your vagina that is not normal for you.



- Pain that does not go away with pain killers.

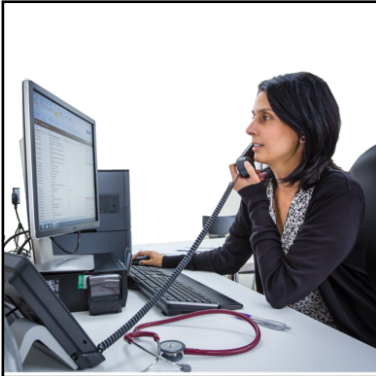


- Feeling hot and cold.

Make sure that you have the telephone number of the clinic before you go home.

# What will happen next?

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Your nurse or doctor will tell you if you need any more appointments or treatment.



If you have had a biopsy you will get a letter telling you your result and what will happen next.



For information or support talk to your nurse or doctor.

# Where can I get more information?



**Sgrinio Serfigol Cymru**  
**Cervical Screening Wales**



## Local Cervical Screening Wales offices:

**South East Wales**  
02920787910

**Mid and West Wales**  
01792940940

**North Wales**  
01352877899



You can speak with us on the phone in Welsh.



You can visit our website:  
[www.phw.nhs.wales/cervical-screening](http://www.phw.nhs.wales/cervical-screening)



**For more information and support about cervical cancer visit:**

[www.jostrust.org.uk](http://www.jostrust.org.uk)

02030968100

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