



## Your colposcopy appointment Eich apwyntiad i gael colposgopi

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#### What is a colposcopy ?

A colposcopy is an examination of the cervix (neck of the womb) using a colposcope. This looks like a pair of binoculars on a stand. It does not go inside you, but allows the specialist doctor or nurse (called a colposcopist) to see the cervix in more detail. The examination will take place in the colposcopy clinic at your local hospital.

A colposcopy can be done safely during pregnancy. However, if you need treatment, this is usually postponed until 12 weeks after the end of your pregnancy.

A colposcopy can be done if you have a coil (IUD). There is a small risk that a coil might need to be removed at your appointment. You should either not have sex, or use another contraceptive method (e.g. condoms) for at least seven days before your appointment.

#### Why do I need an appointment ?

- You may have had a smear result showing abnormal cell changes known as dyskaryosis. About 1 in 20 smears is abnormal. This may mean that a few cells are at risk of becoming cancerous in the future.
- If you have already been seen in a colposcopy clinic, your smear test may have been tested for Human Papillomavirus (HPV). This is a very common virus which can cause abnormal changes and cervical cancer.

- Your last three smears may have been reported as inadequate.
- You may have been sent to the clinic for an examination because you have bleeding or discharge, even though your smear test was normal
- Your GP or clinic doctor or nurse may want us to examine the appearance of your cervix in more detail

**Please contact the clinic if you are unable to attend so that your appointment can be used by someone else. You will then need to make another appointment for yourself. You should inform clinic staff in advance if you have an allergy (for example, latex) or a serious medical condition.**

#### What will happen at the clinic ?

When you go to the clinic please report to the clinic clerk or receptionist, who will check your details. There may be no childcare facilities at the clinic. You are welcome to arrange for a relative or friend to go with you.

If you are having your period on the day of your appointment and you have regular periods, please ring to make another appointment. **If you have irregular periods or are bleeding all the time, please keep your appointment.**

You will be seen by the colposcopist who will explain the reason for your appointment before you are examined. It is helpful to know the date of your last period.

#### What happens during the examination ?

You will need to remove your underwear. The colposcopy nurse will help you position

yourself on a special couch or bed which will support your legs. A speculum (the instrument your doctor or nurse used when you had your smear taken) is placed inside your vagina. A smear test may be repeated. Different liquids are dabbed onto your cervix, which help to show up any abnormal areas. The colposcopist will look at these areas using the colposcope.

In some clinics you are able to watch your examination on a TV monitor. With your permission, your colposcopist can use the camera to take a picture of your cervix to store with your hospital records.

Sometimes a small piece of tissue may be taken from the surface of your cervix. This is called a biopsy. You may feel a slight stinging for a few seconds. You may be offered treatment at your first visit. This will be explained to you at the time, but you may wish to bring somebody with you just in case, as some clinics may not offer treatment if you attend on your own.

An examination takes about 10 to 15 minutes and treatment may take a little longer, but allow more time for the whole visit.

#### What can you tell from the colposcopy ?

The colposcopist may be able to tell you what is wrong at the time of the examination and what treatment, if any, you need. Often they will need to wait for the results of any tests.

#### What does treatment mean ?

LLETZ (sometimes known as DLE, DLB or Loop biopsy) removes abnormal cells using a small wire loop. This is sometimes done at the

first visit.

Laser treatment uses a beam of light to destroy abnormal cells.

Cold coagulation, cryocautery and diathermy destroy abnormal cells using a probe placed on the cervix.

These are all usually done in the clinic. You may have a local anaesthetic, which numbs the cervix.

A few women need a cone biopsy - this removes a small area of the cervix and you usually need a general anaesthetic (you would be asleep).

If treatment is needed, you will be offered the best treatment for you.

#### Who needs treatment ?

If your results show abnormal cells, known as CIN (cervical intra-epithelial neoplasia) or CGIN (cervical glandular intraepithelia neoplasia), you may be advised to have treatment.

CIN is divided into three types – CIN1, CIN2 and CIN3. In CIN1 there is only a very slight change in the cells and this type often goes back to normal on its own without any treatment. In CIN2 and CIN3 or CGIN there are more changes which need treatment to prevent cervical cancer developing in the future, as they are less likely to return to normal on their own. Your doctor or nurse will advise you whether treatment is needed.

#### Does the treatment work ?

Treatment is nearly always successful. A small number of women treated may need further

treatment. It is very important to attend for follow-up tests.

#### Following the examination ?

After a colposcopy examination you should feel well enough to continue with your usual routine. However, if you have treatment, you may need to take things easy for the rest of the day. If you feel unwell after the visit you should not drive until you have recovered.

If you have had a biopsy taken you may notice a bloodstained discharge for a few days. Wear sanitary pads rather than tampons to prevent infection. You should avoid sex for about seven days.

If you have had treatment, you will need to avoid sex and use of tampons for four weeks. You should avoid swimming until any discharge has stopped.

If you notice a heavy blood loss, vaginal discharge or severe pain please contact the clinic or, if out of hours follow the advice given by the colposcopy clinic. Before you leave the clinic make sure you know how and when you will receive your results and what numbers to contact if you have any questions or problems.

#### Will I need a follow-up ?

This will depend on whether your smear was abnormal, what is found on any biopsies, and whether you need any treatment.

Your colposcopist will explain what follow-up you need, either at the time of your appointment, or in a letter when your results are available.

#### I didn't come to my appointment - what will happen ?

It is important that you are seen in the clinic. Please contact the clinic or your doctor if you cannot attend, to arrange a new appointment. If you have not informed the clinic, you will not be sent a further appointment.

If you do not attend your appointment and do not contact the clinic, you will be contacted by the local Nurse Co-ordinator and your GP will be informed. You can be referred back at any time by your GP or Nurse Co-ordinator.

#### Any more questions ?

If you have any more questions about screening, please contact your GP, practice nurse or community clinic staff or write to:

The Director  
**Cervical Screening Wales**  
18 Cathedral Road, Cardiff. CF11 9LJ

We produce leaflets on aspects of cervical screening. You can get our leaflets from

- your local Cervical Screening Administration Department
- your own doctor
- our website at [www.cervicalscreeningwales.wales.nhs.uk](http://www.cervicalscreeningwales.wales.nhs.uk)





## Eich apwyntiad i gael colposgopi Your colposcopy appointment

### Gallwch chi gael pob un o'n taflenni mewn print mawr, ar dâp sain neu mewn Braille.

#### Beth yw colposgopi ?

Proses o ddefnyddio colposgop i archwilio'r serfics (gwddf y groth) yw colposgopi. Mae colposgop yn debyg i finocwlars ar stand. Nid yw'n mynd i mewn i'r corff, ond mae'n ffordd i'r meddyg arbenigol neu'r nyrs (sy'n cael ei galw'n golposgopydd) weld y serfics yn fwy clir. Bydd yr archwiliad yn cael ei wneud mewn clinig colposgopi yn eich ysbyty lleol.

Mae'n bosib gwneud colposgopi yn ystod beichiogrwydd yn gwbl ddiogel. Ond os oes angen i chi gael triniaeth, bydd y driniaeth yn cael ei gohirio fel arfer tan 12 wythnos ar ôl i'ch beichiogrwydd ddod i ben.

Mae'n bosib gwneud colposgopi os ydych chi'n defnyddio coil (IUD). Efallai bydd angen tynnu'r coil yn ystod eich ymweliad, ond nid yw hynny'n debygol iawn. Dylech chi naill ai beidio â chael rhyw, neu ddefnyddio dull arall o atal cenhedlu (condom er enghraifft) am o leiaf saith diwrnod cyn eich apwyntiad.

#### Pam bod angen apwyntiad arna' i ?

- Efallai fod y canlyniad i brawf taeniad yn y celloedd, dyscariosis yw'r enw ar y rhain. Mae tua 1 o bob 20 prawf taeniad yn annormal. Gallai olygu bod ychydig o gelloedd mewn perygl o droi'n ganseraid yn y dyfodol.
- Os ydych wedi cael eich gweld yn barod mewn clinig colposgopi, efallai bod eich prawf wedi ei brofi am Firws Papiloma Dynol (FPD). Mae'r firws hyn yn un cyffredin a allai achosi newidiadau annormal yn y celloedd.

- Efallai bod eich tair prawf diwethaf wedi gael ei galw yn annigonol
- Efallai cawsoch eich anfon i gael eich archwilio yn y clinig am eich bod yn gwaedu neu â rhedlif (*discharge*), er bod eich prawf taeniad yn normal
- Efallai fod eich meddyg teulu neu feddyg neu nyrs eich clinig wedi gofyn i ni archwilio'ch serfics yn fwy gofalus

**Cysylltwch â'r clinig os nad ydych chi'n gallu dod, fel bod rhywun arall yn gallu cael eich apwyntiad. Bydd angen wedyn i chi drefnu apwyntiad arall eich hun. Dylech chi ddweud wrth staff y clinig os oes gennych chi alergedd (i latecs er enghraifft) neu broblemau meddygol difrifol. Cysylltwch â'r clinig cyn dod am eich apwyntiad.**

#### Beth fydd yn digwydd yn y clinig ?

Ar ôl cyrraedd y clinig, rhowch wybod i'r clerwr neu'r derbynnydd. Bydd y clerwr yn gwirio'ch manylion. Efallai na fydd gwasanaeth gofalu am blant yn y clinig. Mae croeso i chi fynd â ffrind neu aelod o'ch teulu gyda chi.

Os byddwch chi yng nghanol eich mislif (*period*) ar ddiwrnod eich apwyntiad ac mae patrwm eich mislif yn rheolaidd, ffoniwch i drefnu apwyntiad arall. **Os nad yw'ch mislif yn rheolaidd neu os ydych chi'n gwaedu drwy'r amser, cadwch eich apwyntiad.**

Cyn i chi gael yr archwiliad, bydd y colposgopydd yn eich gweld ac yn esbonio'r rheswm dros eich galw. Byddai o help iddyn nhw gael gwybod dyddiad eich mislif diwethaf.

#### Beth fydd yn digwydd yn ystod yr archwiliad ?

Bydd angen i chi dynnu'ch dillad isaf. Bydd nyrs y clinig colposgopi'n eich helpu i eistedd neu orwedd ar wely neu gadair arbennig fydd yn cynnal eich coesau. Bydd sbecwlwm (sef y math o declyn roedd eich meddyg neu nyrs yn ei ddefnyddio wrth wneud eich prawf taeniad) yn cael ei roi yn eich gwain (*vagina*). Efallai byddan nhw'n gwneud prawf taeniad arall. Bydd gwahanol hylifau'n cael eu rhoi ar eich serfics i helpu i ddangos unrhyw fannau annormal. Bydd y colposgopydd yn defnyddio'r colposgop i edrych ar y manau yma.

Mewn rhai clinigau byddwch chi'n gallu gwyllo'ch archwiliad ar fonitor teledu. Ar ôl gofyn am eich caniatâd, mae'r colposgopydd yn gallu defnyddio'r camera i dynnu llun o'ch serfics i'w gadw gyda'ch cofnodion meddygol.

Weithiau bydd darn mân iawn o feinwe (*tissue*) yn cael ei dynnu o wyneb eich serfics. Biopsi yw'r enw ar hwn, a gallai achosi pigo ysgafn am rai eiliadau. Efallai bydd staff y clinig yn cynnig triniaeth i chi yn ystod eich ymweliad cyntaf. Byddan nhw'n esbonio'r driniaeth ar y pryd. Efallai byddai'n syniad i chi fynd â rhywun gyda chi i'r clinig gan fod rhai clinigau'n gwrthod cynnig triniaeth os ydych chi wedi dod ar eich pen eich hun.

Mae archwiliad yn cymryd tua 10 neu 15 munud, ac mae triniaeth yn gallu cymryd ychydig mwy o amser. Felly gadewch ddigon o amser ar gyfer yr ymweliad cyfan.

#### Beth allai'r colposgopi ei ddangos i chi ?

Efallai bydd y colposgopydd yn gallu dweud wrthyh chi yn ystod yr archwiliad beth sydd o'i le a pha driniaeth rydych ei hangen, os oes angen unrhyw driniaeth o gwbl. Yn aml bydd

angen iddyn nhw aros am ganlyniadau unrhyw brofion.

#### Beth fydd cael triniaeth yn ei olygu ?

Mae LLETZ (sydd weithiau'n cael ei alw'n DLE, DLB neu biopsi dolen) yn golygu defnyddio dolen fach o wifren i dynnu'r celloedd annormal. Weithiau bydd y driniaeth yma'n cael ei gwneud yn ystod yr ymweliad cyntaf.

Mae triniaeth laser yn golygu defnyddio pelydryn o olau i ddinistrio celloedd annormal.

Mae ceulad oer (*cold coagulation*), cryoseriad (*cryocautery*) a diathermedd (*diathermy*) yn golygu defnyddio stiliwr (*probe*) ar y serfics i ddinistrio celloedd annormal.

Mae'r holl driniaethau yma'n cael eu gwneud yn y clinig fel arfer. Efallai byddwch chi'n cael anesthetig lleol sy'n lladd y teimlad yn eich serfics.

Mae angen biopsi côn ar rai menywod. Mae hwn yn golygu tynnu darn bach o'r serfics, ac mae angen anesthetig cyffredinol fel arfer (byddech chi'n cysgu yn ystod y driniaeth).

Os byddwch chi angen cael triniaeth, bydd y staff yn cynnig y driniaeth sydd orau i chi.

#### Pwy sydd angen cael triniaeth ?

Os bydd eich canlyniadau yn dangos celloedd annormal, a elwir yn CIN (cervical intraepithelial neoplasia), neu CGIN (cervical glandular intraepithelial neoplasia), efallai byddwch yn cael eich cynghori i gael triniaeth. Mae tri math o CIN: CIN1, CIN2 a CIN3. Newid mân iawn yn y celloedd yw CIN1. Mae'r math yma'n aml yn troi'n normal eto ohono'i hun, heb orfod cael triniaeth. Mae mwy o newidiadau gyda CIN2, CIN3 neu CGIN ac mae angen triniaeth i rwystro canser rhag datblygu yng ngwddf y groth yn y dyfodol. Mae'r rhain yn llai

tebygol o droi'n normal eto ohonyn nhw eu hunain. Bydd eich meddyg neu nyrs yn eich cynghori a oes angen triniaeth neu beidio.

#### A yw'r driniaeth yn gweithio ?

Mae triniaeth bron yn llwyddiannus bob tro. Efallai bydd angen i rhai fenywod cael rhagor o triniaeth. Mae'n bwysig iawn i cadw profion archwiliadau dilynol.

#### Ar ôl yr archwiliad ?

Ar ôl archwiliad colposgopi dylech chi deimlo'n ddigon da i fynd ymlaen â'ch gweithgareddau arferol. Ond, os cawsoch chi driniaeth, efallai byddwch chi am gymryd pethau'n dawel am weddiill y diwrnod. Os ydych chi'n teimlo'n wael neu'n anhwylyd ar ôl yr ymweliad, ddylech chi ddim gyrru car nes eich bod yn teimlo'n well.

Os cafodd biopsi ei gymryd, efallai byddwch chi'n sylwi ar redlif gwaedlyd am rai dyddiau. I atal haint (*infection*), gwisgwch dyweli mislif yn hytrach na thamponau. Dylech chi osgoi rhyw am tua saith diwrnod.

Os ydych chi wedi cael triniaeth, bydd angen i chi osgoi rhyw a pheidio â defnyddio tamponau am bedair wythnos. Dylech chi osgoi nofio hefyd tan bydd y rhedlif wedi stopio.

Os byddwch chi'n gweld eich bod yn gwaedu'n drwm neu'n sylwi ar redlif trwm neu boen ddrwg iawn, cysylltwch â'r clinig. Dilynwch gyngor y clinig colposgopi os ydych chi'n ceisio cysylltu'r tu allan i'r oriau agor. Cyn gadael y clinig, gofalcwch eich bod yn gwybod sut a phryd y byddwch chi'n cael y canlyniadau, a phwy i'w ffonio os oes gennych chi gwestiynau neu broblemau.

#### Fydd angen i mi gael archwiliadau dilynol ?

Bydd hyn yn dibynnu a oedd eich prawf taeniad yn annormal, beth oedd i'w weld ar unrhyw fiopsi,

ac a oes angen unrhyw driniaeth arnoch chi. Bydd eich colposgopydd yn esbonio unrhyw driniaeth ddilynol y byddwch ei hangen, naill ai yn ystod eich apwyntiad neu mewn llythyr pan fydd eich canlyniadau ar gael.

#### Fe wnes i fethu fy apwyntiad – beth fydd yn digwydd ?

Mae'n bwysig eich bod yn cael eich gweld yn y clinig. Os nad ydych chi'n gallu dod, cysylltwch â'r clinig neu'ch meddyg i drefnu apwyntiad arall. Os nad ydych chi wedi rhoi gwybod i'r clinig fyddwch chi ddim yn cael apwyntiad arall.

Os byddwch chi'n methu eich apwyntiad ac yn methu cysylltu â'r clinig, bydd cydgysylltydd nyrsio eich ardal yn cysylltu â chi ac yn rhoi gwybod i'ch meddyg teulu.

#### Mwy o gwestiynau ?

Os oes gennych chi fwy o gwestiynau ynglŷn â sgrinio, cysylltwch â'ch meddyg teulu, nyrs y practis neu staff y clinig cymunedol. Neu ysgrifennwch at:

Y Cyfarwyddwr  
Sgrinio Serfigol Cymru  
18 Heol yr Eglwys Gadeiriol,  
Caerdydd. CF11 9LJ

Rydyn ni'n cyhoeddi taflenni ar wahanol agweddau ar sgrinio serfigol. Gallwch chi gael ein taflenni:

- o adran weinyddu'r Gwasanaeth Sgrinio Serfigol yn eich ardal
- gan eich meddyg teulu
- o'n gwefan:  
[www.cervicalscreeningwales.wales.nhs.uk](http://www.cervicalscreeningwales.wales.nhs.uk)