

## Colposcopy for Women with Learning Disabilities Full Clinical Guideline

Reference No.: UHDB/Colp/07:23/C2

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#### 1. Introduction

Cervical screening is important for all women to detect and treat early cervical cell abnormalities. Some women participating in the Cervical Screening Programme may also have learning disabilities but should have equal access to colposcopy and support if required.

#### 2. Aim and Purpose

These guidelines aim to set out a pathway specifically for this group of women to ensure that their specific needs are recognised, appropriate adjustments made and they (and their carers) feel adequately informed and supported from referral to discharge

#### 3. Scope

This involves the GP's practice, cytology laboratory, colposcopy clinic and the acute liaison nurse for learning disabilities

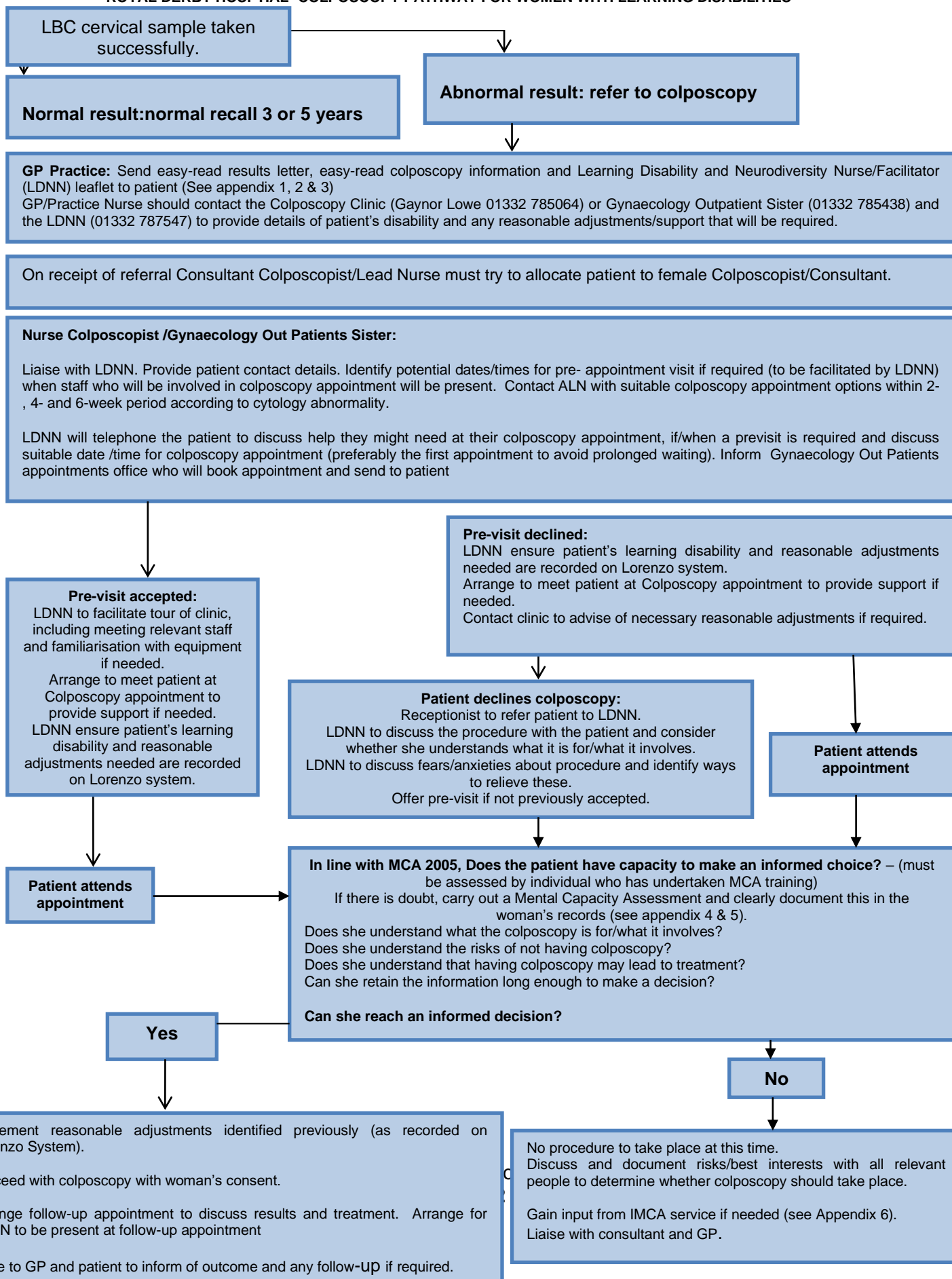
#### 4. Reference

NHSCSP Publication no. 20 Colposcopy and Programme Management May 2016

#### 5. Mental Capacity Act (Lawful Authority for providing examination, care or treatment) - Trust Policy and Procedures

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**ROYAL DERBY HOSPITAL- COLPOSCOPY PATHWAY FOR WOMEN WITH LEARNING DISABILITIES**



# Having a Colposcopy

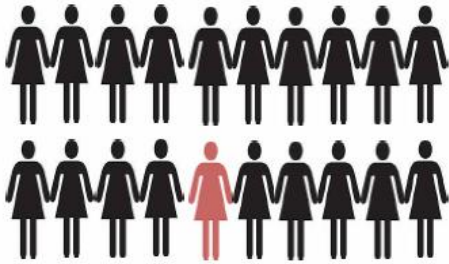


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You have been asked to come for a Colposcopy examination. This is because Your cervical screening has shown some changes in your cervix.



This is called an abnormal result. An abnormal result happens to 1 in 20 women. This does not mean that you have cancer. You should not feel poorly.

## What is a Colposcopy Examination?



A Colposcopy examination is a test of your cervix. Your cervix is inside your body.

A Colposcopy checks for any changes that may turn into cancer.

It is simple, quick and usually painless. You may find it a bit uncomfortable.



A Colposcopy happens at the hospital. You do not have to stay in hospital overnight. You can usually go home when the Colposcopy is finished.

## Before you go for Colposcopy



You may not be able to have a Colposcopy when you are having your period. If you are on your period you should telephone the clinic to check if you can have it done. You may need to make another appointment.



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



You can eat and drink as normal before a colposcopy.



There is a nurse at the hospital to help people with learning disabilities. She will contact you to talk about what help and support you might need.

For **1 day before** your Colposcopy appointment you **should not**:



Use creams in your vagina

## Having your Colposcopy



You will need to go to the Gynaecology department in the hospital for your Colposcopy.



Please go to the reception to tell them that you have arrived for your appointment.

Tell the person your name, address and birthday.



You will be asked to wait in the waiting area until a nurse calls your name.



The doctor will ask you some questions about your periods, contraception and any operations or illnesses you have had.



You will be asked to take off your pants and your trousers. You can keep a skirt on.



You will lie on a special couch. The couch has supports for your legs. Your friend, relative or a nurse can hold your hand and stay with you.



The doctor will gently put a speculum into your vagina. The doctor will then put some liquid into your vagina. This helps them to see any changes.





The doctor will use a special camera to look inside you.

The doctor might take a sample of tissue. This is called a biopsy.



You can get dressed when the Colposcopy is finished.



Bring a sanitary towel to wear after your Colposcopy. After the Colposcopy you might have a bloody discharge from your vagina. This is normal.



The doctor will talk with you once you are dressed.

If you have a biopsy the doctor will send a letter with the results. This letter could take 4 weeks to come



There is an area for you to use if you want to sit or lie down for a while after your Colposcopy. There are chairs and beds available in the area.



## After your Colposcopy



Please see your Doctor if:

- You have an offensive smell from your vagina.
  
  
  
  
  
  
  
  
  
  
- You have heavy bleeding.

# If you would like to talk to someone about your colposcopy:

Please speak to.....

The nurse or doctor that did your cervical screening.

Or

The specialist nurse at the colposcopy clinic on:



01332 785064

Or

The learning disability and neurodiversity nurse or facilitator on:



01332 787547

## Documentation Control

<b>Reference Number:</b> UHDB/Colp/07:23/C2	<b>Version:</b> <b>UHDB 2</b>	<b>Status: FINAL</b>		
Version / Amendment	Version	Date	Author	Reason
	1	2015	Gaynor Lowe Clinical Nurse Specialist Onnig Tamizian Lead Colposcopist Jacqueline Bowlzer Strategic health Facilitator For Adults With Learning Disabilities Debbie Edwards Acute Liaison Nurse	New
UHDB	1	May 2020	Gaynor Lowe - Clinical Nurse Specialist	Review
	2	May 2023	Gaynor Lowe - Clinical Nurse Specialist	Review
<b>Intended Recipients:</b> All staff with responsibility for caring for Colposcopy patients with learning difficulties				
<b>Training and Dissemination:</b> Cascaded through lead sisters/doctors/GP's/Practice nurses, Published on Intranet, NHS Email circulation list. Cervical screening newsletter, cervical screening update training				
<b>To be read in conjunction with:</b> Supporting Patient information/Colposcopy guidelines [C1]				
Consultation with:	Colposcopists and Gynaecology Guidelines Group			
Business unit sign off:	15/05/2023 Gynaecology Guidelines Group: Miss B Purwar – Chair  23/05/2023: Gynaecology Development & Governance Committee: Mr J Dasgupta – Chair			
Notification Overview sent to TIER 3 Divisional Quality Governance Operations & Performance: 20/06/2023				
Implementation date:	04/07/2023			
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