

Women's Centre, Gynaecology Outpatients Department

Removal of a Polyp (Polypectomy)

Information for women



What is a polyp?

Your doctor has advised you to have a polypectomy, which is the removal of a polyp. A polyp is a flesh-like structure (often described as looking like a cherry on a stalk or a skin tag), which can develop in many places in the body, including the cervix and uterus. It may have blood vessels running through it, which can often be the cause of bleeding.

If the polyp is on your cervix this may be able to be removed during your outpatient appointment, using polyp forceps. You will be asked undress from the waist down and to lie on a couch. Once you are comfortable, a speculum will be inserted into your vagina, allowing us to see your cervix; this is just like when you have a smear test. The polyp forceps are then used to gently twist the polyp off.

We are aware you may find these treatments embarrassing. We will do our best to support you and will make every effort to ensure your privacy and dignity is maintained at all times.

If it is thought the polyp is in your uterus, you will need to have a hysteroscopy (a procedure that uses a narrow camera to look inside the cavity of the uterus). This procedure is carried out as a gynaecology outpatient appointment at the Women's Centre, and is performed in a special clinic in the Diagnostic Suite. You will receive a further appointment for this treatment and be given a different leaflet to explain the hysteroscopy procedure.

If for any reason the polyp cannot be removed or fully removed during either of these treatments, the doctor will advise you of other options.

Will it hurt?

Removing your polyp can be uncomfortable, but should not be painful. You may feel a period type cramp and a pulling sensation as the polyp is removed. Local anaesthetic is not normally used. Mild painkillers such as paracetamol may help with any discomfort after the procedure.

There are times when the polyp is not able to be completely removed. Should this be the case, please do not worry; having part of the polyp inside you will not cause you any pain. Once the results from the sample sent to the laboratory have returned, the doctor will advise you on the next step.

What will happen afterwards?

You may experience some bleeding afterwards. The bleeding can last a few days. During this time we would advise you to only use sanitary towels or a panty-liner and not to insert tampons, to minimise the risk of infection. We would also recommend that you avoid intercourse until the bleeding has settled.

You should also avoid activities such as swimming. The reason for this is to reduce the risk of infection while the area affected is healing. However, you can continue with other daily activities.

After the polyp has been removed it will be sent off to the laboratory for analysis. Your doctor will be able to give you a timescale for when the result will be available. Generally it takes approximately 3-6 weeks. The doctor will also discuss with you how you will receive your results.

Removing a polyp may not resolve your symptoms completely. You may need additional treatment in the form of medical or surgical treatments. Your doctor will discuss this further with you, depending on the possible cause of your bleeding.

How to contact us

If you have any queries please contact any of the nursing staff in:

Gynaecology Outpatients

Tel: 01865 220 447

(Monday to Friday, 8.30am to 5.00pm)

Or

Gynaecology Ward

Tel: 01865 222 002

(24 hours)

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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