

Top Tips for Clinicians

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Subject	Cervical top tips
Date / Review	August 2020 / Review date 12m later
Disclaimer	These are intended only as good practice prompts. Please use your clinical judgement.
Top Tip 1	<p>Title 1 Ectropion</p> <p>Asymptomatic ectropions do not need treating – they are a normal feature. Patients with normal looking ectropions that are causing a bothersome discharge (with negative swabs for infection) or post-coital bleeding can be referred routinely to colposcopy. Please ensure the patient is not overdue cervical screening as we cannot treat the ectropion without it.</p>
Top Tip 2	<p>Title 2 Post Coital Bleeding (PCB)</p> <p>PCB is rarely caused by cervical cancer and on its own does not always warrant a fast track referral. Contact bleeding on taking swabs or a smear does not suggest serious disease is more likely. Consider infection (especially chlamydia in young women) as a possible cause. In the presence of a normal screening history and a normal looking cervix, cervical cancer can effectively be excluded. Consider FT referral in women with PCB when the appearance of the cervix is suggestive of cervical cancer or in women with persistent and unexplained PCB.</p>
Top Tip 3	<p>Title 3 Inter Menstrual Bleeding (IMB)</p> <p>IMB in the absence of PCB is very unlikely to be caused by cervical disease and is more likely to be due to an endometrial problem (especially in older women or women with associated heavy or irregular periods) or a contraceptive problem (especially the implant or POP). Investigation with a pelvic ultrasound or outpatient hysteroscopy may be more appropriate than colposcopy but in young women with a normal examination, hormonal manipulation is reasonable before investigation.</p>
Top Tip 4	<p>Title 4 The abnormal looking cervix</p> <p>Nabothian cysts are normal – multiple ones can look odd but they do not need treatment or referral to colposcopy. Small benign looking polyps can be referred routinely. A post LLETZ cervix can sometimes look odd with a rather prominent polypoid ‘ectropion’ – please familiarise yourself with this appearance</p>
Information	https://www.jostrust.org.uk is a useful resource for patients and healthcare professionals
Questions to	Clinical Top Tips: Top.Tips@bradford.nhs.uk
My CPD	<i>Document the key points simply, reflect on what it means for me, so what?</i>
My QI	<i>Take action, then document a simple Quality Improvement for my next appraisal</i>