

# Patient information

## Vulval clinic

You have been referred to the vulval clinic. This leaflet contains information about the clinic which we hope you will find useful.

### What is the vulval clinic?

The vulval clinic is a clinic for women with conditions affecting the vulva, lower vagina or perineum. It is led jointly by specialists in gynaecology, genitourinary medicine and dermatology, all of whom have a special interest and expertise in managing conditions of the vulva.

The aim of the clinic is to bring together all the specialists that will be involved in your care. You will often be seen by all members of the team at your consultation.

### Why have I been referred?

The main reasons for seeing women in the vulval clinic include:

- Vulval pain
- Vulval itch symptoms
- Vulval lumps and bumps

There are a number of conditions affecting the vulva which we specialise in, these include:

- Vulval lichen sclerosus (LS) and lichen planus (LP): This is an inflammatory skin condition that can occur in the skin on any part of the body, including skin of the vulva and vagina. The most common symptoms are itching and soreness.
- Vulvodynia: This is a term used to describe the condition experienced by women who have the sensation of vulval burning and soreness in the absence of any

obvious skin condition or infection.

- Skin conditions affecting the vulva such as eczema or psoriasis.
- Vulval intraepithelial neoplasia (known as VIN): This is a condition affecting the vulva and skin around the anus. There may be symptoms of itch or soreness. It is not a cancer but there is a small risk of a cancer developing and it is sometimes called a vulval pre-cancer.
- Vulva cancer: This is rare and does not affect most women attending the vulval clinic.

## **What can I expect to happen at my appointment?**

This will depend on the reason for the referral but may include some of the following:

**Consultation:** This will be with one or more of the consultant specialists or the doctors in their team. The team will need to examine your vulva and the surrounding area. It includes an internal examination, swabs or a biopsy if appropriate.

**Vulval biopsy:** It may be necessary to take a small sample of skin (a biopsy) to examine under the microscope. Local anaesthetic is used and the procedure generally causes little discomfort.

**Blood tests:** Blood tests may be requested following the clinic appointment.

## **General advice**

You may bring a friend / relative with you for company and support.

If you have any further queries or questions please contact:

Gynaecology Nurse Specialist: Tuesday, Wednesday, Thursday on 01284 713154.  
There is an answer phone available.

Further information on vulval biopsies can be found on the West Suffolk Hospital website: [www.wsh.nhs.uk](http://www.wsh.nhs.uk) and follow the quick link to patient information leaflets.

If you do not have access to a computer and would like one of these leaflets please phone the nurses office on the number above and we will send a copy by post.

*If you would like any information regarding access to the West Suffolk Hospital and*

*its facilities please visit the website for AccessAble (the new name for DisabledGo)*  
<https://www.accessable.co.uk>



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