

Let's talk about...

CERVICAL SCREENING

DON'T FEAR THE SMEAR

WHO IS INVITED?

Six months before you turn 25 you will become eligible.

- 25-49 year olds will be invited every 3 years
- 50-64 year olds will be invited every 5 years
- 65+ if one of your last 3 tests were abnormal

You may be invited for more frequent testing if you have an abnormal result.



HOW IS THE TEST DONE?

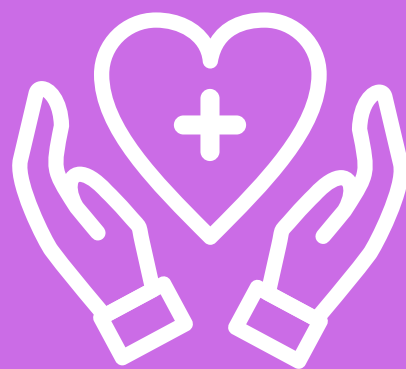
The nurse will ask you to get undressed behind a screen from the waist down. You will be asked to lie on a couch with your legs bent, feet together and knees apart. You will have something to cover you while the test is done. A smooth, tube shaped tool will be gently put into your vagina using lubrication which will then be opened so that the nurse can see your cervix. Using a soft brush they will take a small sample of cells from your cervix before removing the speculum and leaving you to get dressed.

The test can be as quick as 4-5 minutes.

[SEE WHAT HAPPENS AT YOUR APPOINTMENT HERE](#)

WHY SHOULD I HAVE A SMEAR?

The smear test checks the health of your cervix, it is not a test for cancer it is to help prevent cancer. The cells taken are checked for certain types of HPV that can cause changes to the cells of your cervix. Finding these cells early will reduce the risk of them turning into cervical cancer.



WHERE CAN I HAVE MY SMEAR?

Your GP surgery will have appointments available. You can also ask for an appointment in the evening or at a weekend.

TOP TIPS

- Talk to your Nurse or Doctor if you are nervous or embarrassed
- Ask to book a longer or double appointment if it will make you more comfortable
- You can ask for a Nurse of a particular gender
- Take someone you trust with you
- Wear a skirt or dress that you can keep on during the screening
- Ask for a smaller speculum or ask to put it in yourself