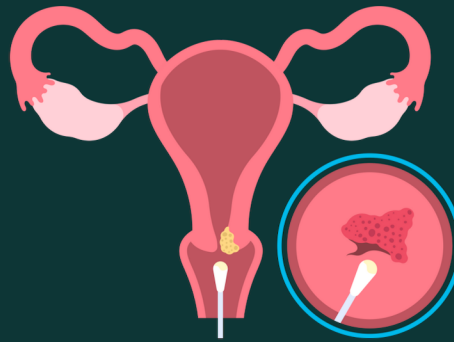
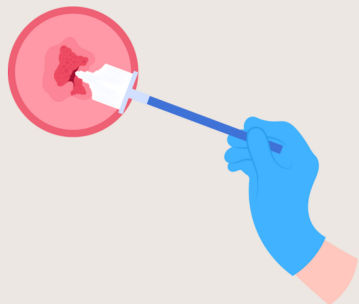


Cervical screening (a smear test): The facts.



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What is cervical screening & can I have it?

This is not a test for cancer. It looks for high-risk human papillomavirus (HPV) and cell changes in your cervix

Cell changes can sometimes become cervical cancer if they're not monitored or treated.

The test is done by a nurse and the test itself only takes a few minutes.

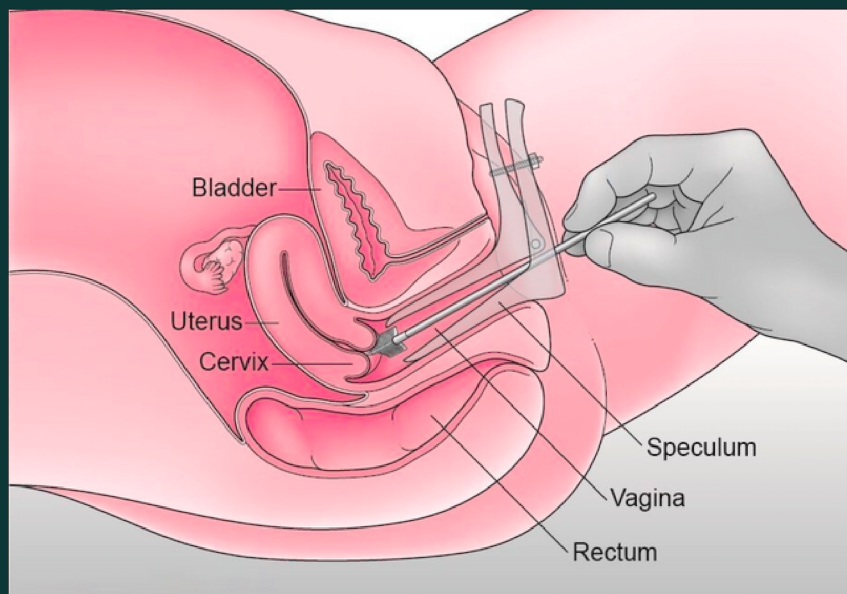
What happens at cervical screening?

The nurse will ask you to go behind a screen or curtain, undress from the waist down, and lie on a bed. You'll get a sheet to cover yourself.

You'll be asked to lie on your back with your legs bent and knees apart. You can also lie on your side.

The nurse will place a speculum (a hollow tube which opens) into your vagina to see your cervix.

They then wipe a small brush over your cervix to get cells.



This is the end of the test. Your cells are now sent to a lab. The nurse can tell you when you'll get results.

What if I'm nervous or find screening hard?

If screening is difficult for you, you might find it helpful to:

- Ask for a longer appointment if you think you may need more time during or after your test.
- Take someone you trust into the test with you.
- Wear a skirt or dress – you may feel more covered
- Listen to music or take something to read during the test
- Remember you can ask for the test to stop at any time.

What if I have symptoms of cervical cancer?

Contact your GP – don't wait for your next cervical screening invite or appointment.

Symptoms include:

- Unusual vaginal bleeding, such as in between your periods, during or after sex, or after the menopause.
- Changes to vaginal discharge.
- Unexplained pain in your lower back or between your hips pain during or after sex.