

Going for your cervical screening at your GP surgery



An easy read guide



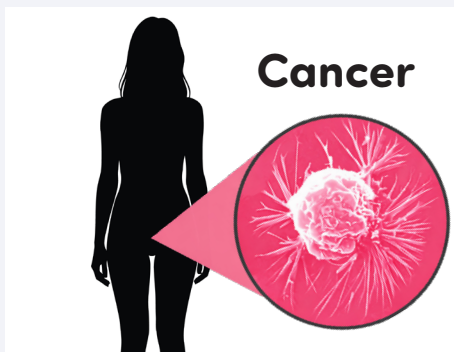


This letter is asking you to book a cervical screening test.

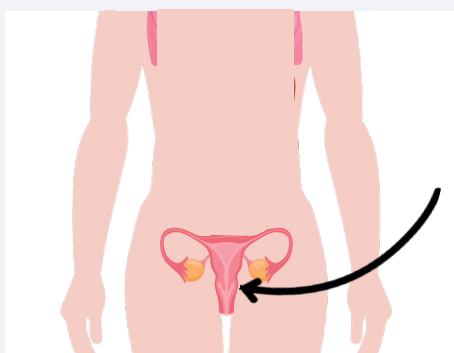
What does the test involve?



This used to be called a 'smear test'.



Cervical screening helps to prevent cancer of the cervix.

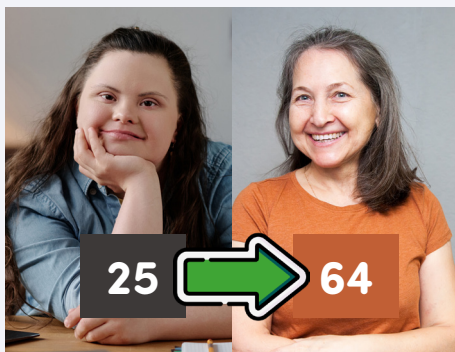


The cervix is inside your body at the top of your vagina.



The test looks for a virus called HPV which can cause cervical cancer.

Finding changes early can help prevent cervical cancer.



Tests are offered to all women and people with a cervix, aged 25 to 64 years old.



You are invited for screening every 5 years.



Having your cervical screening test means that any signs of cervical cancer can be treated early, which could mean you won't get very poorly.



You can catch the virus from any kind of sex, or skin-to-skin contact on the private parts, with a man or woman.

You can have the test even if you have never had sex.



You can watch a short film which explains what happens during the test.

Scan the QR code to view the video.



You can call your GP practice on the number on the letter to book your appointment.



Do not book an appointment for when you are on your period.



Do not book an appointment if you are pregnant.



You can ask to have the test with a female nurse.



You can ask for a longer appointment.



You can bring someone to your appointment to support you.



The test will be in a private room.



You can ask the nurse questions before the test.



The nurse will ask you to take your knickers off and lie on a bed.



The nurse will use a speculum to put in your vagina so they can see your cervix.



They will use a small soft brush to take a sample of cells from your cervix.



The test should not be painful, but it may feel uncomfortable.

You can ask the nurse to stop the test at any time.



The test only takes 1 or 2 minutes.



The whole appointment usually lasts about 10 minutes, but you can ask for a longer appointment time.



Your results are usually sent to you in the NHS App or by letter.

Sometimes you may be asked to call your GP practice to get the results.



If you have more questions, you can contact your GP practice and ask to speak to a doctor or nurse.

This letter is produced by: Imperial College London in collaboration with Thinklusive, for a project with Appt Health.

This resource was adapted from an easy-read leaflet created by Barnet Mencap in collaboration with their partner organisations.