

Having a smear test



Easy read



In this booklet, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.

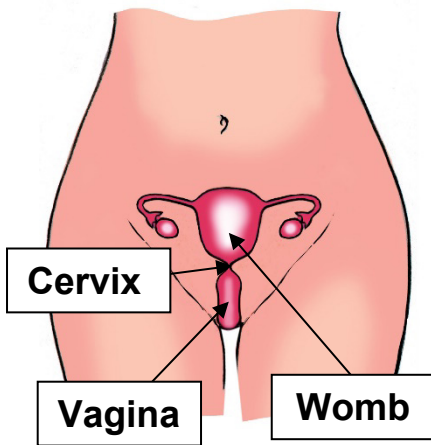


You might need to ask someone to help you read this booklet.



The health professionals might wear a face mask, apron and gloves.

Having a smear test



The smear test looks at a sample of **cells** in your womb that might turn into cancer in your womb.

Cells are tiny parts of your body that are tested to see if you are ill.



It checks your cells for the HPV virus.

HPV is a virus that can cause cervical cancer.

Cervical is the name for your womb area.



It is important to go for the smear test every time you are asked.



People with a cervix between 25 and 64 years old are asked to go for a smear test.

Do I need get a smear test?



It can stop cervical cancer before it starts.



The test only takes about 5 minutes and could save your life.



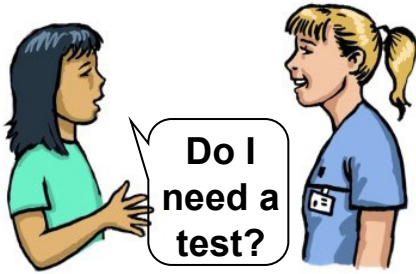
It is the best way to find out if you are at risk of cervical cancer.



Anyone who has had any kind of sex or any kind of sexual touching with someone should have a smear test.



Even if you have not had sex before you can still choose to have a smear test.



If you have any questions please ask your nurse or doctor.

Making an appointment with your doctor

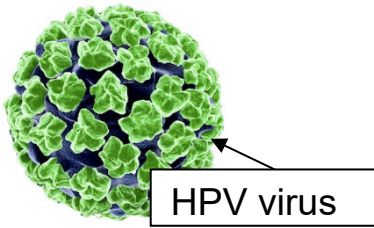


You will get a letter in the post asking you to make an appointment for a smear test.

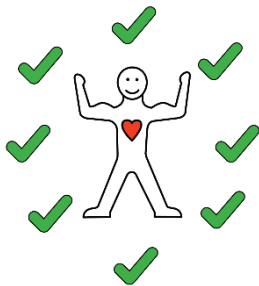


Phone your doctors surgery and make an appointment to have a smear test.

HPV and cervical cancer



Most cervical cancers are caused by the HPV virus.



Your body will usually get rid of the HPV virus by itself.



HPV is spread by having sex or sexual contact with someone.

stop smoking



Smoking also increases your chances of getting cervical cancer.

What will happen at your appointment



The smear test only takes five minutes and the nurse or doctor can answer any questions before you have it.



A nurse or female doctor will do the smear test.

They will ask you questions about your health before they do the test.

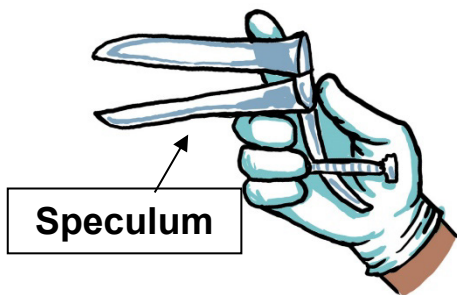


You will be asked to undress from the waist down or just to remove your underwear if you are wearing a skirt.



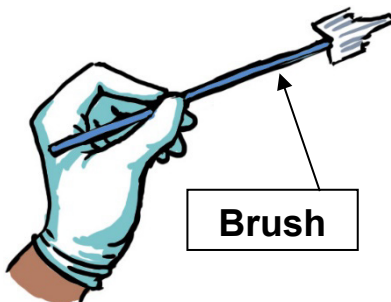
You will be asked to lie on an examination bed.

You will also be given a sheet to cover yourself.

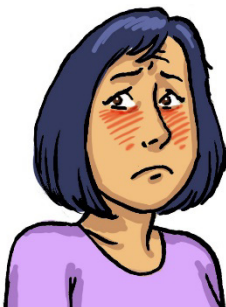


The nurse or doctor will gently put a **speculum** into your vagina to hold it open to see your cervix.

A **speculum** is a medical instrument.



They will then gently brush cells from the cervix using a soft brush.

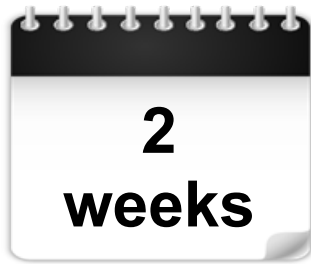


It is normal for women to feel embarrassed, especially at their very first appointment.



You can stop the test at any time by telling the nurse or doctor.

Your results



You will usually get your results in the post within 2 weeks.

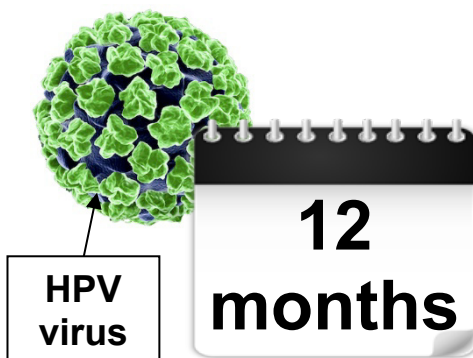
What your results letter will tell you

There was no HPV found



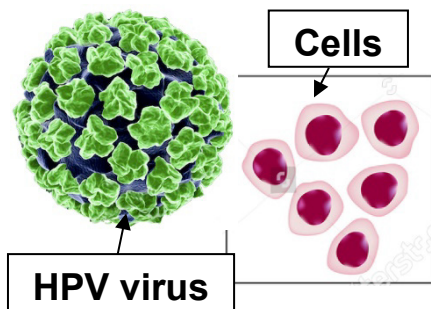
If no HPV found in your cells, you will be asked to have another smear test in 5 years.

HPV was found but no changes to your cells



You will be asked to come back for more tests with a specialist about 12 months after your results.

HPV was found and changes to your cells



You will be asked to come back for more tests with a specialist.

The results was unclear because of a technical problem



You will be asked to have the test again if the test result was unclear.

Where can I get more information?



Talk to your nurse or GP.



Go to this website

www.nhsinform.scot/cervicalscreening



Jo's Cervical Cancer Trust

Go to this website **www.jostrust.org.uk**

www.jostrust.org.uk/smeartestfilm



Or phone **0808 802 8000**



Go to this website

www.cruk.org/cervicalscreening



For support after sexual violence go to this website

www.jostrust.org.uk/screening-after-sexual-violence



If you are a trans man or non-binary person go to this website

www.nhsinform.scot/transscreening



For the Women's Health Platform go to this website

www.nhsinform.scot/womens-health



Cancer Research UK go to this website

www.cruck.org/cervicalscreening



You have the right know how your personal information is used.

For more information about your rights or how the NHS uses your personal information go to these websites



www.nhsinform.scot/confidentiality



www.nhsinform.scot/data-protection

If you want this booklet in:



- another language
- audio
- BSL
- Braille
- Large print



email **phs.otherformats@phs.scot**



or visit this website

www.nhsinform.scot/otherformatscervical



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