

Easy Read



Sgrinio Serfigol Cymru
Cervical Screening Wales

About your cervical screening (smear) test



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www.phw.nhs.wales/cervical-screening

How to use this leaflet



This is an Easy Read leaflet. The words are easy to read and understand. Difficult words are in **bold** the first time they are used.



You may need help and support to read and understand this leaflet. Ask someone you know to help you.

Cymraeg



This leaflet is available in Welsh.

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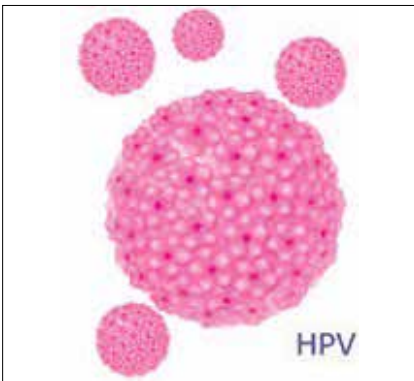
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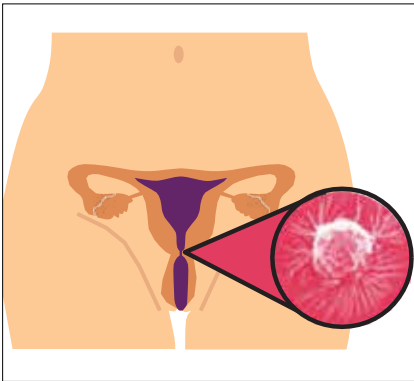
What is this leaflet about?



This leaflet is about a health test for women called **cervical screening**. You may know this as a **smear test**.



A smear test will check your **cervix** for a virus called **human papillomavirus**. It is also known as **HPV**.

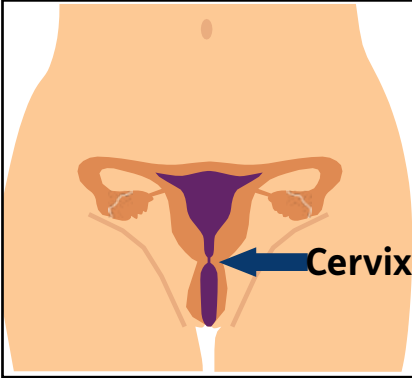


Some types of HPV are serious and can cause **cervical cancer**.



Going for your smear test could save your life.

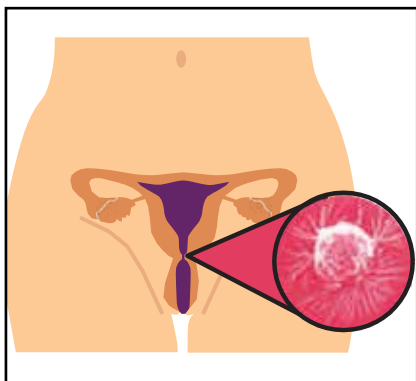
What is cervical cancer?



Your cervix is inside your body at the top of your **vagina**. Cervical cancer is cancer of the cervix.



Some types of HPV can cause cells in your cervix to change.

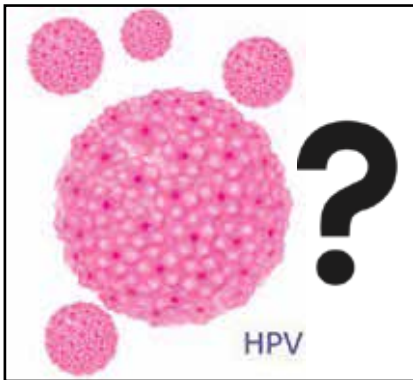


If the cell changes are not treated, you can get cervical cancer.

About HPV



Most people will get HPV at some time in their lives.



You might not know if you have HPV.



You can get HPV from any kind of sex or sexual touching. This can be with a man or a woman.



Most of the time your body will get rid of HPV by itself. This means you will not need treatment.



You can find out if you have serious types of HPV by having a smear test.

Having a smear test



Women and people with a cervix between 25 and 64 years old can have a smear test.



You will be invited for a smear test every 5 years.



When you are due for a smear test you will be sent a letter in the post.



Going for a smear test is your choice.

Having a smear test



The letter will ask you to make an appointment.



You can have your test at your doctor's surgery, or at some sexual health clinics.



You can ask to have the test taken by a woman.

Having a smear test



Let us know before your appointment if you have a disability, or need support. You can ask for a longer appointment.

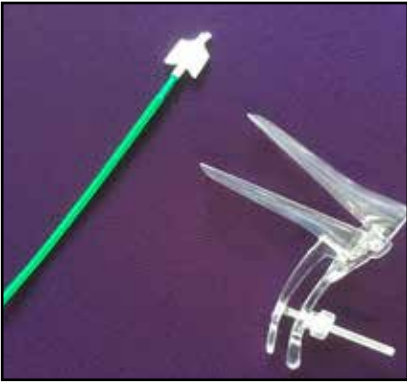


It is normal if you feel scared or embarrassed. Tell your nurse or doctor how you feel.



To have the test you will need to take off your underwear. You will need to lie on the couch.

Having a smear test



The nurse or doctor will use a medical instrument to open your vagina. A small brush is used to collect cells from your cervix.

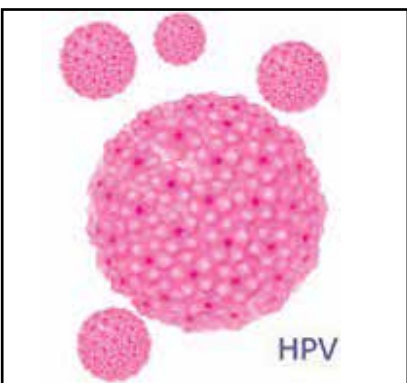


There are different sizes of medical instruments. The nurse or doctor will choose one that is right for you.

The test should not be painful. It might be uncomfortable.

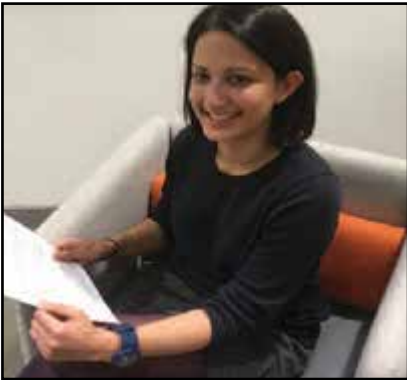


You can stop the test at any time.



Your **sample** will be checked for HPV. If you have HPV, your cells will be checked for changes.

What happens if I do not have HPV?



You will get a letter in the post with your smear test result.



If you do not have HPV you will be sent another invitation letter in 5 years.

What happens if I have HPV?



The letter will tell some people they have HPV. If you have HPV, your cells will be checked for changes.



If you have HPV but do not have cell changes, you will need another smear test in a year.



If you have cell changes, you will need a hospital appointment. Your cervix will be looked at closely. This is called **colposcopy**.



You will be given information and support at this time.

HPV injection for girls and boys



All 12 and 13 year olds are offered an injection (jab). This helps to stop them getting serious types of HPV.



If you have had the HPV injection, you still need to go for a smear test when invited.

Changes to look out for



Bleeding when it is not your period.



Bleeding after the **menopause** (when your periods have stopped).



Pain or bleeding during or after sex.



Any changes to discharge from your vagina.

If you notice any of these changes tell your doctor.

Keeping healthy



Stop smoking. You can get free help to support you to stop smoking. Ring Help Me Quit on: 0800 085 2219.



Eat healthy food.



Move more.



Drink less alcohol.

Where can I get more information?



Sgrinio Serfigol **Cymru**
Cervical Screening **Wales**



South East Wales

Phone: 02920787910

Email: csad.cardiff@wales.nhs.uk

Mid and West Wales

Phone: 01792940940

Email: csw_mid_west@wales.nhs.uk



North Wales

Phone: 01352877899

Email: csad.mold@wales.nhs.uk



You can speak or write to us in Welsh or English



You can visit our website:

www.phw.nhs.wales/cervical-screening



For more information and support about cervical cancer visit:

www.jostrust.org.uk

02030968100