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CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales



# Information about free NHS screening in Wales\*

Available in Welsh



**This leaflet tells you about the free NHS screening tests you will be offered by Public Health Wales. When you are due for screening, we will send you more information to help you make your decision about taking part.**

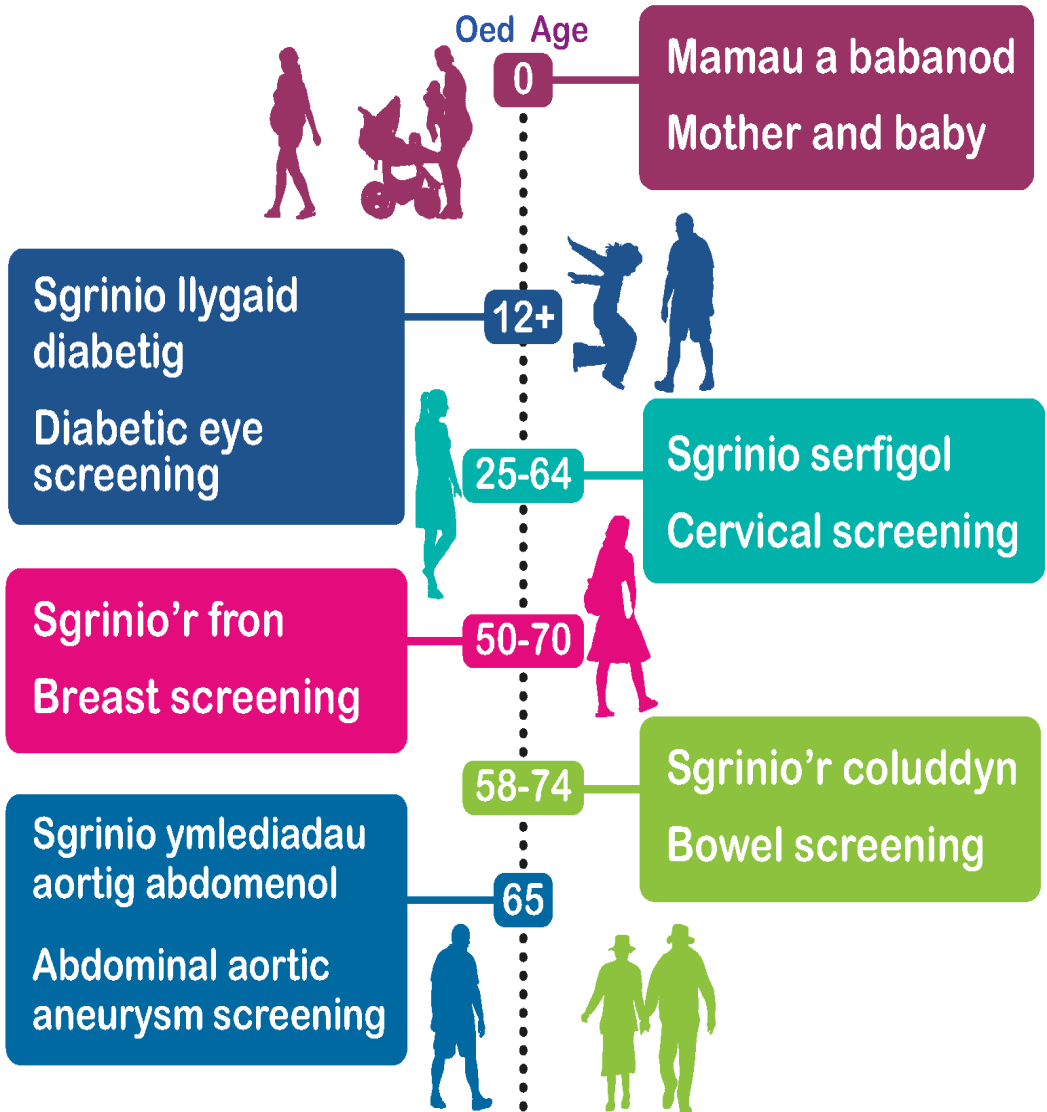
If you are transgender, non-binary or gender diverse and are not sure which screening test you will be offered, you can find out more by visiting the programme websites.

### **What is screening?**

- Screening looks for early signs of disease or a condition in adults and children who do not have symptoms.
- Finding a condition early gives you the best chance of treatment and survival.
- You may feel well even if you have early signs of a condition.
- No screening test is 100% accurate and some conditions may be missed.
- Taking part in screening every time you are invited is something you can do to look after your health.
- If you have any questions about screening, or need help understanding the information, contact your local screening office or your doctor.
- Taking part in screening is your choice. It is important that you understand the benefits and risks of screening before you take part.
- Even if you have taken part in screening, if you notice a change in your health, speak to your doctor.

**We have provided contact numbers throughout this leaflet.  
We welcome phone calls in Welsh.**

# Screening for you



# Antenatal screening



“ Women and people who are pregnant will be offered antenatal screening tests during their pregnancy to check their health and health of their baby.

“ A midwife will explain the different tests you can have as part of your routine antenatal care



“ Screening may involve ultrasound scans and blood tests. These tests will be offered at different stages during your pregnancy.

“ If you, or your baby have a higher chance of having a certain condition, you may be offered further tests.



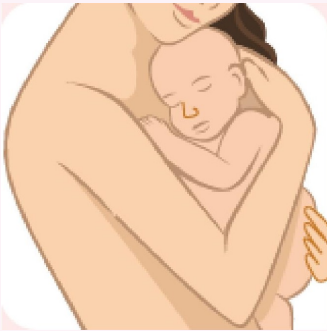
If you have any questions about antenatal screening, please contact your midwife or visit:

 [www.phw.nhs.wales/antenatal-screening](http://www.phw.nhs.wales/antenatal-screening)





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“Á Newborn bloodspot screening identifies babies who may have rare but serious conditions.Á

“Á You will be offered screening for your baby usually 5 days after you have given birth.Á

“Á A sample of blood is collected by pricking your baby's heel.

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“Á Most babies do not have any of the conditions screened for. These results will be sent to you in a letter within 6 weeks of the sample being taken. Your health visitor will discuss the results with you and answer any questions you may have.Á



“Á If your baby is suspected to have any of the conditions, they will need further tests to confirm that they have the condition.

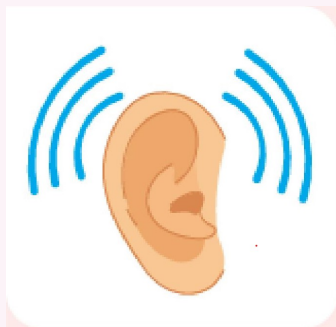
ÁÁ If any conditions are found, your baby will receive early specialist care and treatment.



If you have any questions about newborn bloodspot screening, contact your midwife, health visitor or visit:

 [www.phw.nhs.wales/newborn-bloodspot-screening](http://www.phw.nhs.wales/newborn-bloodspot-screening)

# Newborn hearing screening



- Newborn hearing screening identifies if your baby has a hearing loss that could affect their speech and language development.
- You will be offered screening for your baby once your baby has been born.
- Screening is offered either in hospital or within **4 weeks** of birth.
- The screening test does not hurt or harm your baby and most test results are normal.
- The screener will tell you the result of the test straightaway and explain if another test is needed. This will be done by an audiologist (hearing specialist) at a local clinic.

If you have any questions about newborn hearing screening, please contact:

South East Wales

☎ 029 2184 3568



[www.phw.nhs.wales/newborn-hearing-screening](http://www.phw.nhs.wales/newborn-hearing-screening)

Mid & West Wales

☎ 01792 343364

North Wales

☎ 01978 727005

# Cervical screening



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Cervical Screening **Wales**

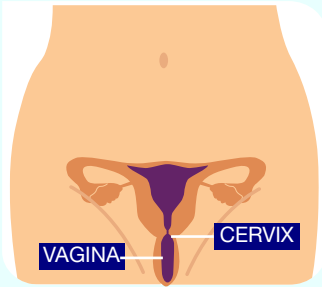


Image © Jo's Cervical Cancer Trust

- A cervical screening (smear) test can save lives by preventing cancer from developing in the cervix (the neck of the womb).
- Women and people with a cervix aged **25 to 64** are invited for screening every **5 years**.
- Cervical screening is carried out at doctors' surgeries or at some sexual health clinics.
- Cervical screening involves taking a sample of cells from the cervix using a soft brush.
- The cells will be tested for high-risk types of human papillomavirus (HPV) which can cause the cells on the cervix to change and develop into cervical cancer.
- You will receive your results by post within **4 weeks** of your test.
- If HPV is present, the cells will be checked. If cell changes are found, you will need an examination called a colposcopy, which looks at your cervix in more detail. This examination will be done at your local colposcopy clinic.
- It is still important to go for your cervical screening, even if you have had your HPV vaccine.

If you have any questions about cervical screening please contact:

South East Wales

Mid & West Wales

North Wales

☎029 2078 7910

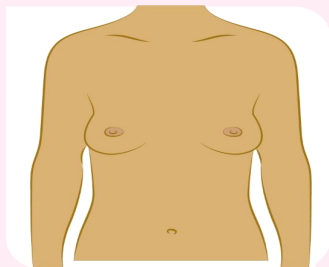
☎01792 940940

☎01352 877899



[www.phw.nhs.wales/cervical-screening](http://www.phw.nhs.wales/cervical-screening)

# Breast screening



- Breast screening can save lives through finding breast cancer early.
- Women aged **50 up to 70** are invited for a breast x-ray every **3 years**.
- Women aged **70 and over** can ask to have a breast test by phoning Breast Test Wales.
- You will be screened at a breast screening mobile unit or at a breast screening centre.
- You will receive your results by post within **3 weeks**.
- You may need more tests if changes are seen on your x-ray. If breast cancer is found, you will receive treatment at your local hospital.

If you have any questions about breast screening, please contact:

South East Wales

Mid & West Wales

North Wales

☎ 029 2039 7222

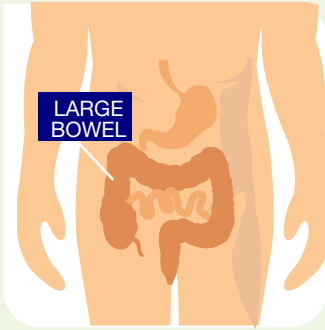
☎ 01792 459988

☎ 01492 860888



[www.phw.nhs.wales/breast-screening](http://www.phw.nhs.wales/breast-screening)

# Bowel screening



- Bowel screening can save lives through finding bowel cancer early.
- People aged **58 to 74** are invited to take part in screening every **2 years**.
- The screening test looks for hidden blood in your poo.
- Bowel Screening Wales will automatically send out a screening test, which you can do at home.
- Your results will be sent by post within **2 weeks** of receiving your completed test.
- The test kit does not tell you if you have bowel cancer. The results will tell you if you need further tests such as a colonoscopy (a camera inserted into your bottom).



If you have any questions about bowel screening, please contact:

 0800 294 3370



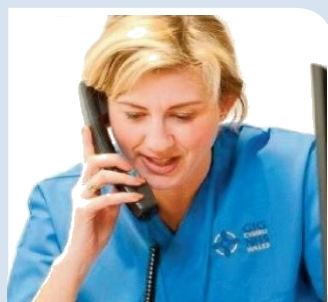
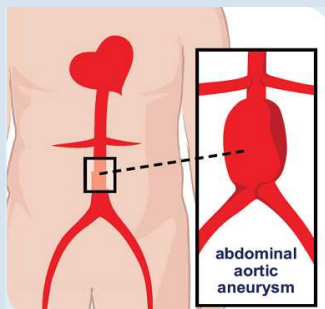
[www.phw.nhs.wales/bowel-screening](http://www.phw.nhs.wales/bowel-screening)

# Abdominal Aortic Aneurysm Screening (AAA)

Rhaglen Sgrinio  
Ymledladau Aortig  
Abdomenol Cymru



Wales Abdominal  
Aortic Aneurysm  
Screening Programme



- AAA screening can save lives by finding a swelling (aneurysm) of the aorta (main blood vessel) in the abdomen.
- Men who are **65 years** old will be invited for a **one-off** screening test. If you are **over 65 and have never had an AAA screening scan**, you can ask for an appointment by phoning your local screening centre.
- AAA screening involves a simple ultrasound scan and is the best way of finding an AAA.
- AAA screening is carried out in community clinics and other settings.
- You will be given your result at the time of the test.
- If an AAA has been found, you will be offered regular scans.  
If your AAA is large, you will be referred to a specialist team at a hospital, who will carry out more tests and talk to you about your options for treatment.

If you have any questions about AAA screening, please contact:

South East Wales

South West Wales

North Wales

☎01443 235161

☎01792 453162

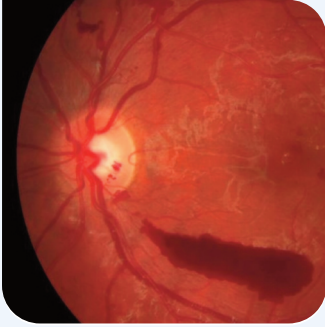
☎01492 863563



[www.phw.nhs.wales/aaa-screening](http://www.phw.nhs.wales/aaa-screening)



# Diabetic eye screening



- Eye screening can prevent sight loss by finding retinopathy (a complication of diabetes) at an early stage.
- People with a diagnosis of diabetes aged **12 and over** who are registered with a doctor in Wales, are invited for regular screening.
- Digital photographs of the retina (the 'seeing part' of the eye) are taken and checked for signs of diabetic retinopathy.
- Screening is carried out in local clinics and mobile units.
- You will be sent your results by post within **6-8 weeks** of screening.
- If you need more tests you will be offered an appointment with a local eye specialist, either in hospital or within the community.

If you have any questions about diabetic eye screening, please contact: ☎ 0300 003 0500



[www.phw.nhs.wales/diabetic-eye-screening](http://www.phw.nhs.wales/diabetic-eye-screening)

# Keeping Healthy

## Move more

- Being active helps you feel better and can reduce your risk of developing a serious illness.
- Aim to be active for at least 2½ hours across the week.

## Drink less alcohol

- Drinking alcohol can increase your risk of heart disease, cancer and liver damage.
- There is no safe limit for drinking alcohol. If you want to keep the risks low, drink no more than 14 units a week.
- If you want to cut down, have several drink-free days a week.

## Eat well

- Eating fruit, vegetables and a high fibre diet may help reduce your risk of developing serious diseases such as cancer and heart disease.
- Try to eat at least 5 portions of fruit and vegetables every day.

## For more information visit:



[www.111.wales.nhs.uk/LiveWell](http://www.111.wales.nhs.uk/LiveWell)

## Don't smoke

- Stopping smoking will improve your health.
- Help Me Quit offers free, local NHS support



## For more information about stopping smoking, visit:



[www.helpmequit.wales](http://www.helpmequit.wales) ☎ 0800 085 2219