

Things you can do  
If you look after yourself you will be  
healthier. This means:



- don't smoke



- eat healthy food



- don't drink too much alcohol



- do some exercise

Think about going for your smear test  
when you are asked.

Visit our website if you want more information  
[www.cervicalscreeningwales.wales.nhs.uk](http://www.cervicalscreeningwales.wales.nhs.uk)

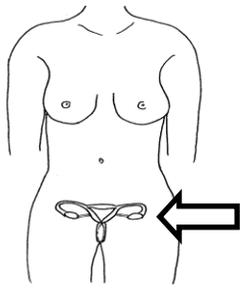
## About your smear test



- This booklet tells you about having a smear test
- A smear test can save your life

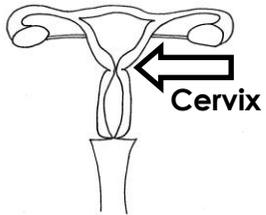
**This is the Easy Read version.**  
**Ask us if you want a different version.**  
[www.cervicalscreeningwales.wales.nhs.uk](http://www.cervicalscreeningwales.wales.nhs.uk)

## Where is the cervix?



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

Only women have a cervix.



It is important to check that your cervix is healthy.

## What is a smear test?



A **smear test** looks for changes on your cervix that may turn into **cancer**.



If we find changes on your cervix early, it may be easier to treat you.

## Things to think about



You can ask someone to go with you to help you understand.



You can ask for a longer appointment.



You can talk to someone at your doctors if you have questions.



Think about going for your smear test when you are asked.

**It is your choice if you go.**



The doctor or nurse will use a special instrument to open your vagina so she can see your cervix.



The doctor or nurse will use a small brush to take a sample of cells from your cervix.



When the test is over you can put your clothes back on and go home.

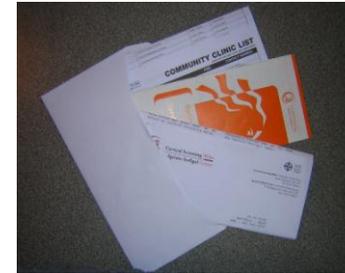


Your sample will be sent away to be looked at carefully.

## When you get your letter



**Women** aged **25** to **64** will be sent a letter in the post every few years about a smear test.



The letter will tell you about having a smear test.



The letter will ask you to make an appointment for a smear test at your doctor's surgery.



You can bring a friend or support worker with you.

## Making your appointment



You can make your appointment at your doctor's surgery.



You will go to a private room in your doctor's surgery.

You can ask for a doctor or nurse who is a woman to take the test.

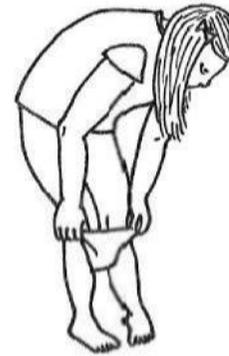


The smear test can be quick and simple.

## Having a smear test



It should not be painful.  
It might be uncomfortable.



You will go to a private room in your doctor's surgery.

The nurse or doctor will ask you to take off your knickers.



You will need to lie on the couch.