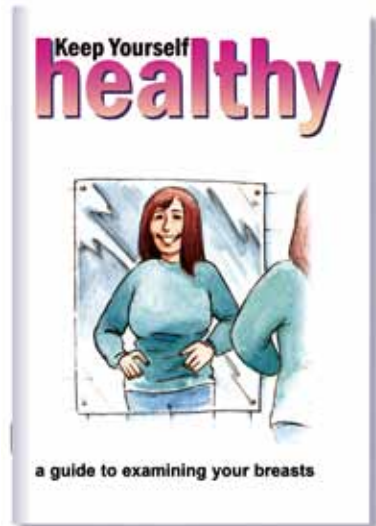
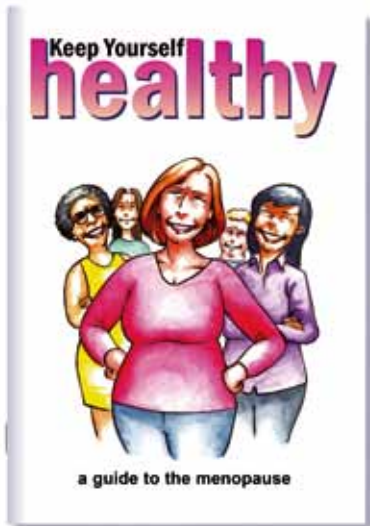
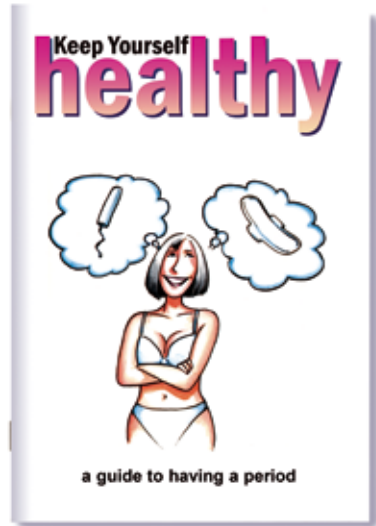
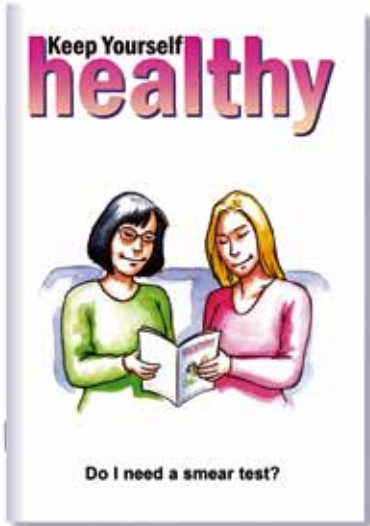


Keep Yourself **healthy**



a guide to having a smear test

Look out for our other booklets!



You can find details of these and our other booklets at www.fairadvice.org.uk

This booklet will tell you about having a cervical smear test.

Women between the age of 20 and 60 years old are asked to have a smear test.



This is part of being a woman and being healthy.

Making an appointment for your smear test.

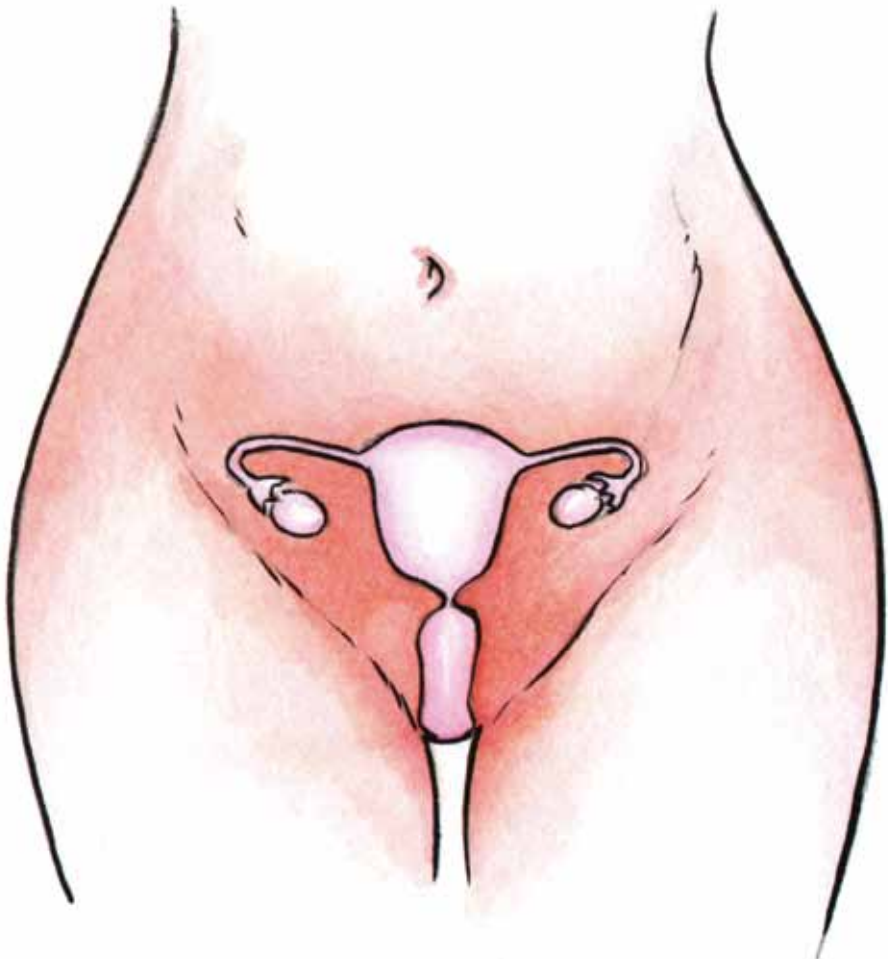
Your doctor will send you a letter asking you to make an appointment at your doctor's surgery or family planning clinic. Remember to tell them it's for a smear test.



The smear test cannot be done when you are having your period. Arrange an appointment for a week after your period finishes.

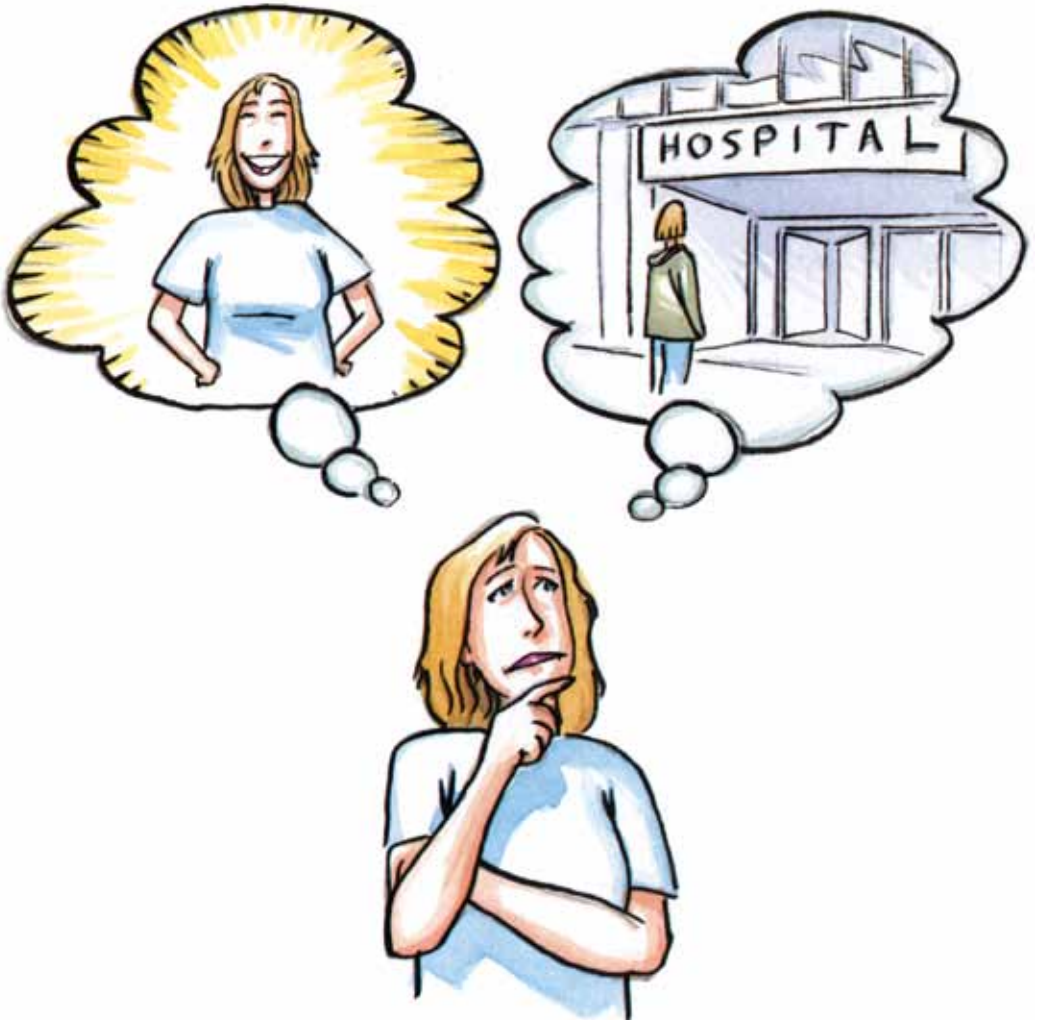
What is a smear test?

A smear test is a check-up to make sure your cervix is healthy. Your cervix is inside your vagina.



Why have a smear test.

Some women get cancer of the cervix. The test can tell you if your cervix is healthy or if you might need treatment.



Who does a smear test.

You can have a smear test at your doctor's surgery or at a family planning clinic.

The smear test will be done by a nurse or doctor.



You can ask for a female nurse or doctor.

If a male nurse or doctor does the test, you can ask for another woman to be there too.

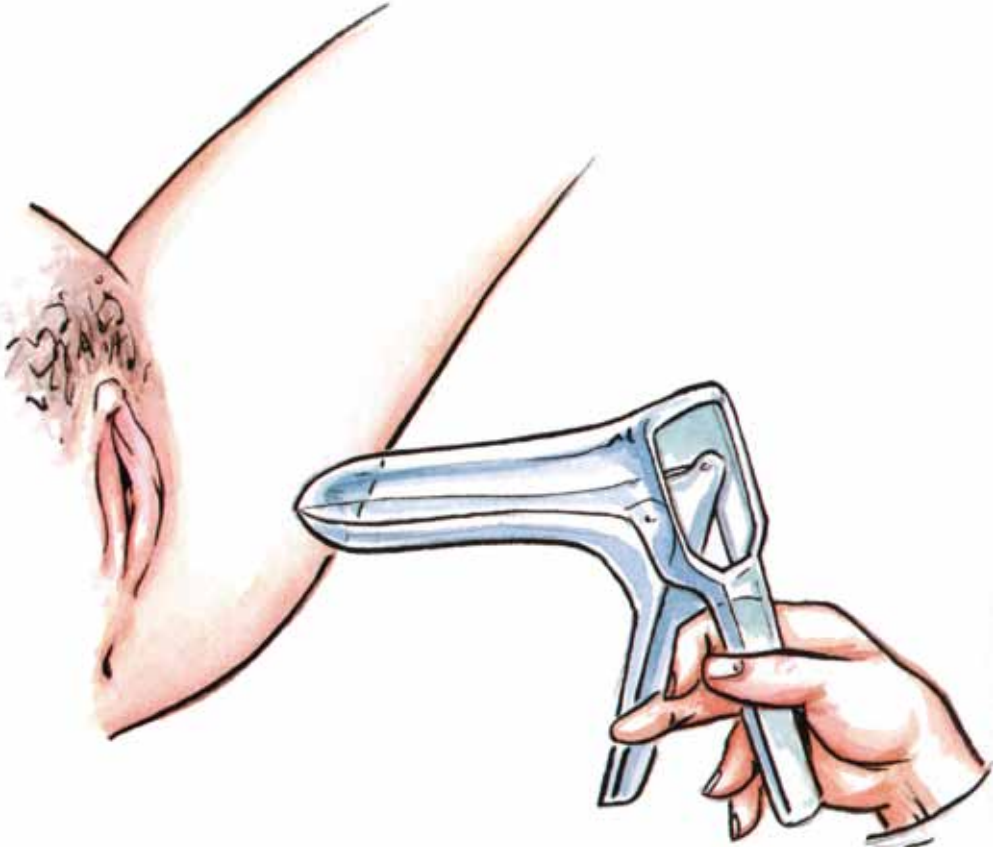
What happens?

The doctor or nurse will ask you some questions about your health. Then they will ask you to take off your pants and lie on a couch.

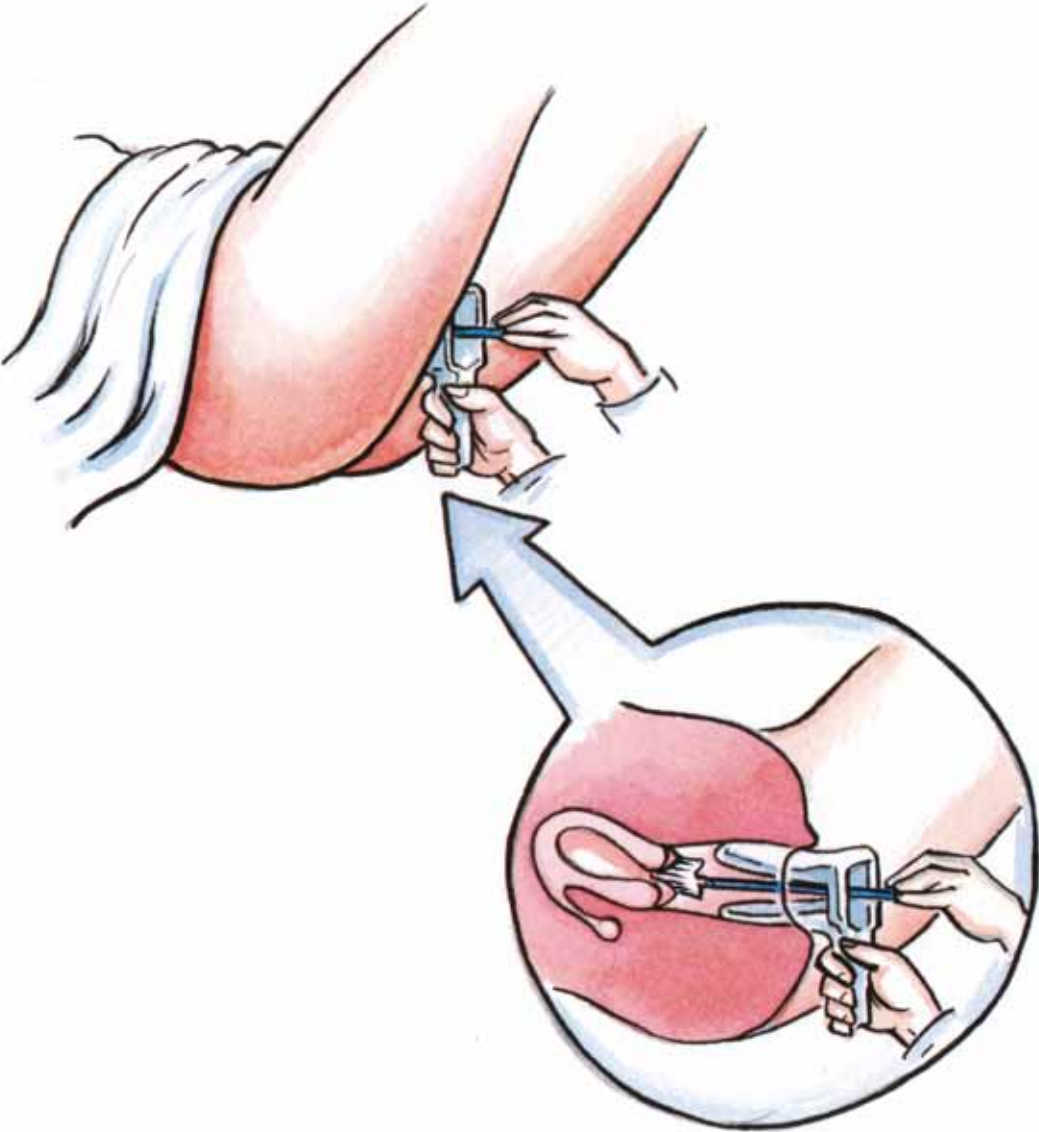


She will talk to you and help you to relax. If you like you can have a friend with you.

The doctor or nurse will use a speculum to look inside your vagina. Here is a speculum.



The doctor or nurse will also use a small brush to do the test.



The nurse or doctor gently touches your cervix with the brush. Then they dip the brush in a small pot of liquid and send it away to be tested.



This may be uncomfortable but it is worth it!

What happens next?

After a few weeks you will get a letter to tell you the result. Remember to ask for help if you can't understand the letter.



If your test is OK, you'll be asked to have another one in three to five years.

What else might the letter tell you?

Sometimes the test doesn't work properly. If this happens, you will need another one.



Sometimes the test shows something is wrong. You may have to go back and have another smear.

You may have to go to a special clinic. You can ask for help with this.

Where can you get more information about smear tests?



From your doctor, your practice nurse, your community nurse or a Family Planning clinic.

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