

SCREENING  
BEGINS AT

→ 24½ ←

Cervical cancer  
can be prevented  
and treated, by  
regular cervical  
screening.



Sgrinio Serfigol Cymru  
Cervical Screening Wales



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# Important information about your cervical screening (smear) test.

Going for your smear test is the best way of finding out if you are at risk of developing cervical cancer.

Cervical screening can detect human papillomavirus (HPV) and identify cell changes, even if you feel well and have no symptoms.

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

You can request a female nurse or doctor to carry out your screening test.

HPV is spread by skin to skin contact. For HPV in the cervix, this is through sexual contact with a person of any gender.

If you do not identify as a woman or are transgender, aged 24.5 to 64 and have a cervix, you can have cervical screening. You will need to arrange screening with your doctor or clinic. We can now invite individuals if they let us know.

Women and people with a cervix aged between 24.5 and 64 years old are routinely invited for cervical screening every five years.

## About the test

A cervical screening (smear) test only takes about five minutes and is usually carried out by a nurse in a private room. Try to make an appointment for when you will not be having your period.

You will need to take off your underwear from the waist down.

You will need to lie on your back on a couch with your knees bent and your legs open.

The nurse will gently put a speculum (medical instrument) into your vagina so they can see your cervix.

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

The cells will be tested for high-risk HPV. If high-risk HPV is found, the sample will be looked at for cell changes.

You will receive your results letter in the post within four to six weeks of having your cervical screening.

It can be normal to feel embarrassed about having cervical screening, especially at your first appointment. Remember, your nurse carries out screening tests every day.

If you are worried or unsure about having your cervical screening test, you can talk to your doctor, nurse or to the team at Cervical Screening Wales.

You can take someone with you to your appointment for support.

Attending for a smear test is your choice.

The test should not be painful but sometimes it can be uncomfortable.

You can stop the test at any time.



To help you decide, more information is available in our Leaflet on our website

