

# Cervical Cancer and Cervical Screening

# What is Cervical Cancer?



Cervical Cancer affects the cervix in Women.



Your cervix is at the end of your womb.

**CERVIX**



**Human Papilloma Virus**



## What affects your risks of Cervical Cancer?

The Human Papilloma Virus (HPV) causes changes to the cells in the cervix.

HPV is spread by having sex.

If you have sex with a man or woman you can get Cervical Cancer.

# What affects your risks of Cervical Cancer?



**Healthy Cell**

The HPV virus can cause changes in the cells of the cervix.

This can happen if the HPV virus doesn't go away.



**Human Papilloma Virus**

This may cause the cells to become abnormal.

These cells are not cancer.

Most women who get the HPV virus do not get Cervical Cancer.

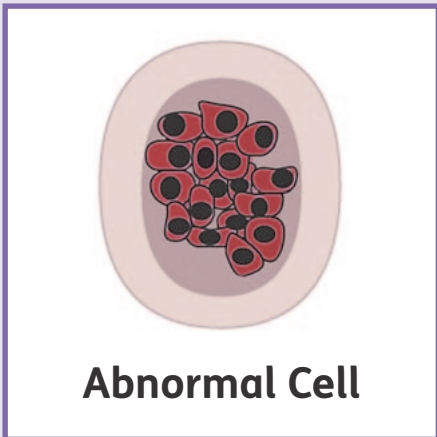


## What affects your risks of Cervical Cancer?

Most people will never know they have a HPV virus.



Women who smoke increase their risk of infection with the HPV virus.



**Abnormal Cell**

Smoking may increase your risk of cell changes.

This may lead on to cancer of the cervix if the cells are not treated.

# Women with a family history of Cervical Cancer

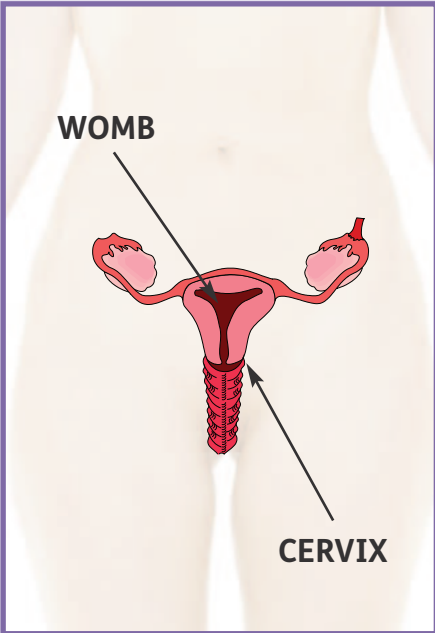


Having a Mother or Sister who has had Cervical Cancer may increase your risk of developing the disease.

This increase in risk is small and most women who have a relative with Cervical Cancer do not develop it themselves.

# Cervical Screening

The smear test is also known as a sample test.



The smear test checks the health of the cervix, which is at the lower end of the womb.



## You will be invited

You will get a letter and a leaflet asking you to make an appointment for a smear test.



You can choose an appointment centre that is closer to you.



If you need an easy read leaflet, please ring the number on the letter.





## When you have the test

Women aged from **24<sup>1</sup>/<sub>2</sub>–64** years old are asked to have a smear test.



## How often?

Women aged **24<sup>1</sup>/<sub>2</sub>–49** are invited for screening every **three** years.



Women aged **50–64** are invited for screening every **five** years.



Sometimes, if you are aged **65 or older**, you may still need to have a smear test.

## To learn more



Make an appointment with the practice nurse to learn what a smear test is.



You can chat with your nurse about what will happen on the day.

← Speculum



You can ask to see what will be used to do the test.

# Know your rights



You can chat about your choice.

You can say **YES** to the test.



You can say **NO** to the test.

It is your choice if you want to have a smear test.



## Having a smear test

When you are ready, you can make an appointment.



The whole visit will take 20 minutes.



## How to make an appointment

You can ring or go to the doctor's.



## You choose where

At your doctor's with the practice nurse.

These are a few other places you can go to:



### **ABACUS**

The Beat, Hanover Street/David Lewis Street,  
Liverpool, L1 4AF  
0151 247 6500



### **Southport Clinic**

44-46 Houghton Street,  
Southport PR9 0PQ  
01704 385030

**Thursdays by  
appointment only**

## You choose when

You can choose the time that is best for you:

Day

Date

Time

## What you need to know

You cannot have your smear test when you are having your period.

You can go for your smear test any other time.





## On the day

Before your smear test you might have to wait in the waiting room.

## Practice nurse's room

The nurse will ask some questions first:

**When was your last period?**

**Was there a change to your period?**



## Practice nurse's room

The nurse may take your blood pressure.



You will be asked to take off your underwear or your knickers.



You will be asked to lie on the bed or couch.

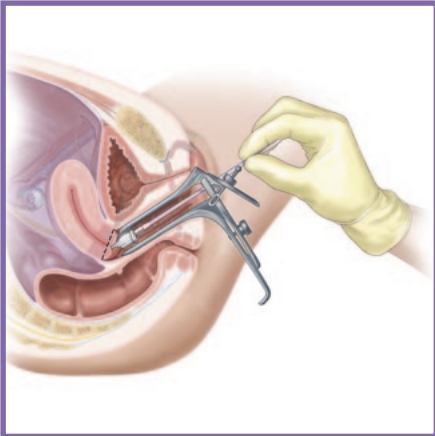


# The Smear Test



The smear test only takes a few minutes from now.

You will be asked to open your legs which are covered.



The nurse will use a speculum and put it into your vagina. This allows the nurse to see and check your cervix.



This can be uncomfortable for some women.

Speculum

## Taking the Smear Test



The nurse will gently touch your cervix with a small brush to collect cells.



Once they have enough cells the sample will then go into a pot.

Then the nurse will take out the speculum.



You can then put on your underwear or knickers.

The smear test is then finished and you can go home.



## How you get your results

The nurse will send off your sample to the hospital for testing. You should get your results in two weeks.

### If your results are alright

Women aged **24<sup>1/2</sup>–49** will be invited for screening again in **three** years.

Women aged **50–64** will be invited for screening again in **five** years.

Sometimes, if you are aged **65 or older**, you may still need to have a smear test.



# Changes to the Cervix



You will receive a letter if any changes are found in the cervix.



You can speak to family, friends or staff.



You can speak to your doctor or nurse.

Your doctor will tell you what happens next.

## Changes in your body to look for



You may notice changes in your body which are different for you.

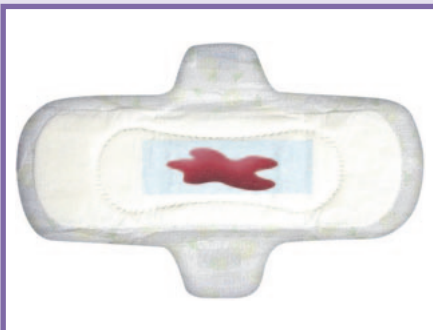


Bleeding during and after sex, discomfort or pain when having sex.



Smelly vaginal discharge.

Bleeding between periods and after the menopause.



These can be signs and symptoms of Cervical Cancer.



## Who can you tell if you notice a change?

You can speak to family and friends.



You can speak to staff.



You can speak to your doctor.



You can speak to your nurse.

# Wordlist



**Sample Test;** The smear test is sometimes called a sample test.



**Cervical Screening;** The smear test is also known as cervical screening.



## **This booklet is available in other languages and formats**

This leaflet has been developed by the Health Promotion Specialist, Liverpool Community Health NHS Trust, and Rebuild Liverpool Primary Health Care Facilitators LD, Mersey Care NHS Trust in consultations with United Response Men's Group from Oakfield Day Centre, United Response Women's Group from Oakfield Day Centre, Community Focus Womens Group Southport Mersey Care NHS Trust and People First Merseyside.