

All medical staff involved in the test have been trained in the procedure and try to make the experience as stress free as possible

Darwen Healthcare Smear takers

Debbie, Julia, Katrina, Louise & Raesa
GPs :Dr Dalton Dr Morris & Dr Hogarth

Darwen Healthlink Smear takers

Karen, Juliet, Karen, Susan, Lisa and Susan

Hollins Grove Smear taker

Val

Spring-Finesco Healthlink Smear taker

Rachel

What other patients have fed back:

“ I was immediately put at ease, I had not had a smear test in 15 years as I was frightened”

“ the nurse answered all my questions and was really patient”

“I would not worry now at having the smear test”

For speakers of other languages

Information on Cervical Screening in many different languages, plus an audio version for the visually impaired are available at

<https://www.gov.uk/government/publications/cervical-screening-description-in-brief>



*A short procedure ...
that can save your life*



The Importance of

Cervical Screening

(Smear Test)

Many women have already taken advantage of the service
Please read on to see why
It is important

✓ #25itstime

Within 3 months of you reaching 25 you will receive an invitation to go for cervical screening (smear test). You will then receive further invitations every 3 or 5 years depending on your age. See inside for more details

Produced by Darwen GP Practices
promoting the Health and Wellbeing of
their patients

Cervical Cancer can affect the whole family and in the case of bereavement, those you leave behind.

Information on Cervical Screening (Smear Test)

Ann Neville Practice Manager at Darwen Healthcare shares her story of how the pain of losing her mother when she was young is still felt throughout her life

My mum was diagnosed with Cervical Cancer in January 1981 at the age of 49 having never had a smear test in over 15 years. I was aged just 16 when she was diagnosed with the disease and due to the late diagnosis my mum had limited options of treatment.

At the time I was taking my GCSE's and my mum really struggled with pain towards the end of June that year. I finished my GCSE's in June and sadly my mum died at the End of June ensuring that I had finished my exams.

My mum didn't have the opportunity to see my two adorable children grow up or see their two gorgeous children. My brother John and I recently talked about it and how we wished our mum had attended a smear appointment.

**Please take up the offer of your Cervical Screening opportunity as I do –
It may save your life**

Ann Neville

All women who are registered with the four GP practices promoting this service will receive a National Cervical Screening Invitation at the recommended intervals below:

- aged 24.5 to 49 – every three years
- aged 50 to 64 – every five years
- over 65 – only women who haven't been screened since age 50 or those who have recently had abnormal tests

What happens when you go for cervical screening?

Booking your test

You'll receive a letter through the post asking you to make an appointment for a cervical screening test. The letter should contain the details of the places to contact for the appointment. Most women choose to go to their GP practice, although it may also be available at a well woman clinic or sexual health clinic. Screening is usually carried out by the practice nurse.

Try to ensure that your booked appointment is not 2 days either side of your menstrual period. If you use a spermicide, a barrier method of contraception or a lubricant jelly, you shouldn't use these for 24 hours before the test, as the chemicals they contain may affect the test.

Your screening appointment

The cervical screening test usually takes around five minutes to carry out. You'll be asked to undress from the waist down and lie on a couch, although you can usually remain fully dressed if you're wearing a loose skirt.

The doctor or nurse will gently put an instrument, called a speculum, into your vagina. This holds the walls of the vagina open so the cervix can be seen. A small soft brush will be used to gently collect some cells from the surface of your cervix. Some women find the procedure a bit uncomfortable or embarrassing, but for most women it's not painful. If you find the test painful, tell the doctor or nurse, because they may be able to reduce your discomfort. Try to relax as much as possible, because being tense makes the test more difficult to carry out. Taking slow, deep breaths will help.

The cell sample is then sent off to a laboratory for analysis and you should receive the result within two weeks

Finding out more about Cervical Screening



Jo's Cervical Cancer Trust is a UK based charity that offers support and information on the benefits of Cervical Cancer Screening

<https://www.jostrust.org.uk/>