



Darwen Healthcare

Where your health Matters

Dr Ninan & Partners

Tel: 01254 964640

Cervical Screening

(Smear Test)



**A short procedure that could
save your life**

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 three 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

Cervical screening, which used to be called a smear test, is a test to check the health of the cervix and help prevent cervical cancer. It's offered to women and people with a cervix aged 25 to 64.

All women and people with a cervix between the ages of 25 and 64 should go for regular cervical screening.

You'll be invited for screening every 5 years from when you're 25 to 64 years old. You'll get your first invitation a few months before you turn 25.

You may be invited more regularly if you have HPV.

- If you're 65 or older, you'll only be invited if a recent test was abnormal.
- You'll get an invitation through the NHS App, by text or by letter asking you to make an appointment
- You can book an appointment as soon as you get an invitation contact us on 01254 964640 Option Nurse Appointments or via our online services.
- If you missed your last cervical screening, you do not need to wait for an invitation to book an appointment.

Find out more about population screening for trans and non-binary people on www.gov.uk

When cervical screening is not recommended

If you're under 25

You will not be invited for cervical screening until you're 25 because:

- cervical cancer is very rare in people under 25
- it might mean you have treatment you do not need – abnormal cell changes often go back to normal in younger women

If you're 65 or older

You'll usually stop being invited for screening once you turn 65. This is because it's very unlikely that you'll get cervical cancer if your recent tests did not find anything.

You'll only be invited again if a recent test was abnormal.

If you're 65 or older and have never been for cervical screening, or have not had cervical screening since the age of 50, you can ask your GP for a test.

If you've had a total hysterectomy

You will not need to go for cervical screening if you've had a total hysterectomy to remove all of your womb and cervix.

You should not receive any more screening invitations.

Contact the Practice

You're worried about symptoms of cervical cancer such as:

- bleeding between periods, during or after sex, or after you've been through the menopause
- unusual vaginal discharge

Do not wait for your next cervical screening appointment.

Booking a cervical screening appointment

You'll be sent an invitation through the NHS App, by text or by letter when it's time to book your cervical screening appointment.

Your invitation will tell you where you can go for cervical screening and how to book.

Most cervical screening is done at Darwen Healthcare by a female nurse or doctor.

You can usually call the practice to book an appointment or you might be able to book the appointment online.

When to book cervical screening

Try to book your appointment as soon as you get invited. If you missed your last cervical screening, you do not need to wait for an invitation.

It's best to book an appointment for a time when:

- you're not having a period – if you have your period on the day of your screening test, contact your GP to rearrange your appointment
- you've finished treatment if you have unusual vaginal discharge or a pelvic infection

Important

Avoid using any vaginal medicines, lubricants or creams in the 2 days before you go for cervical screening as they can affect the results.

let them know if you'd like a woman to do the test – most nurses and doctors who take cervical screening samples are female

let them know if you'd like someone else to be in the room with you (a chaperone) – this could be someone you know, another nurse or a trained member of staff

ask for a longer appointment if you think you might need more time – some GP surgeries can offer a double booking

let them know if you're finding the test more difficult after going through the menopause – they can prescribe a vaginal oestrogen cream or pessary before the test

ask for a smaller speculum (a smooth, tube-shaped tool that's put into your vagina so they can see your cervix)

Our Smear takers are:

Dr Jill Davies

Dr Akram Alzamani

Julia

Jenny

Katrina

Raesa

Kerry

Adeela

Val

Katie



A smear test
lasts **5** minutes.

The impact of cervical cancer
lasts a lifetime.

Attend your smear test.
Reduce your risk.

