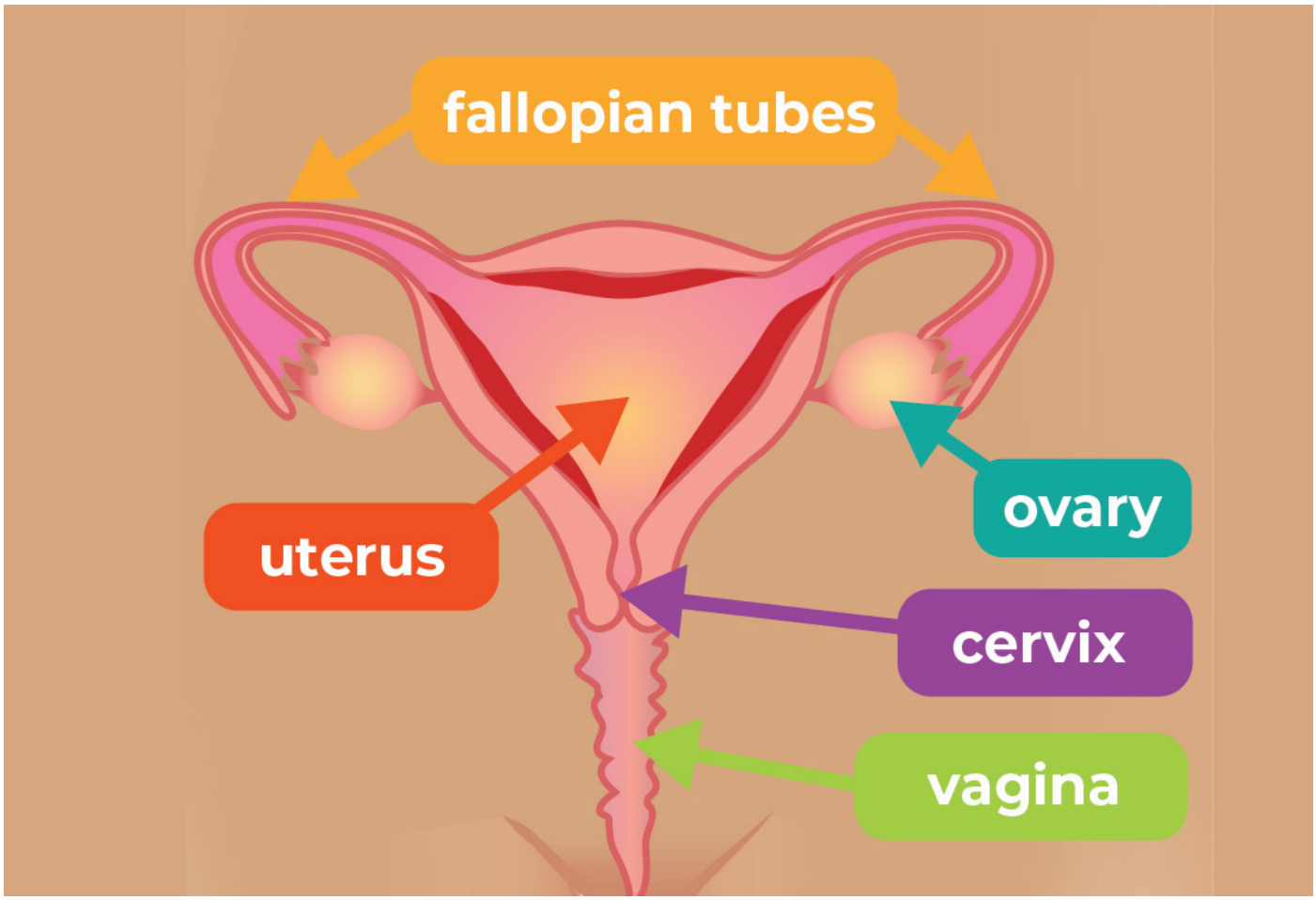
Before My Cervical Screening Test

Screen EQUAL

Accessible cervical screening information for people with intellectual disability

screenequal.org.au



What is a cervical screening test?

It is a check for the Human Papillomavirus (HPV).

Some types of HPV can cause cancer of the cervix.

My cervix is at the top of my vagina.

I cannot see it. It is inside my body.

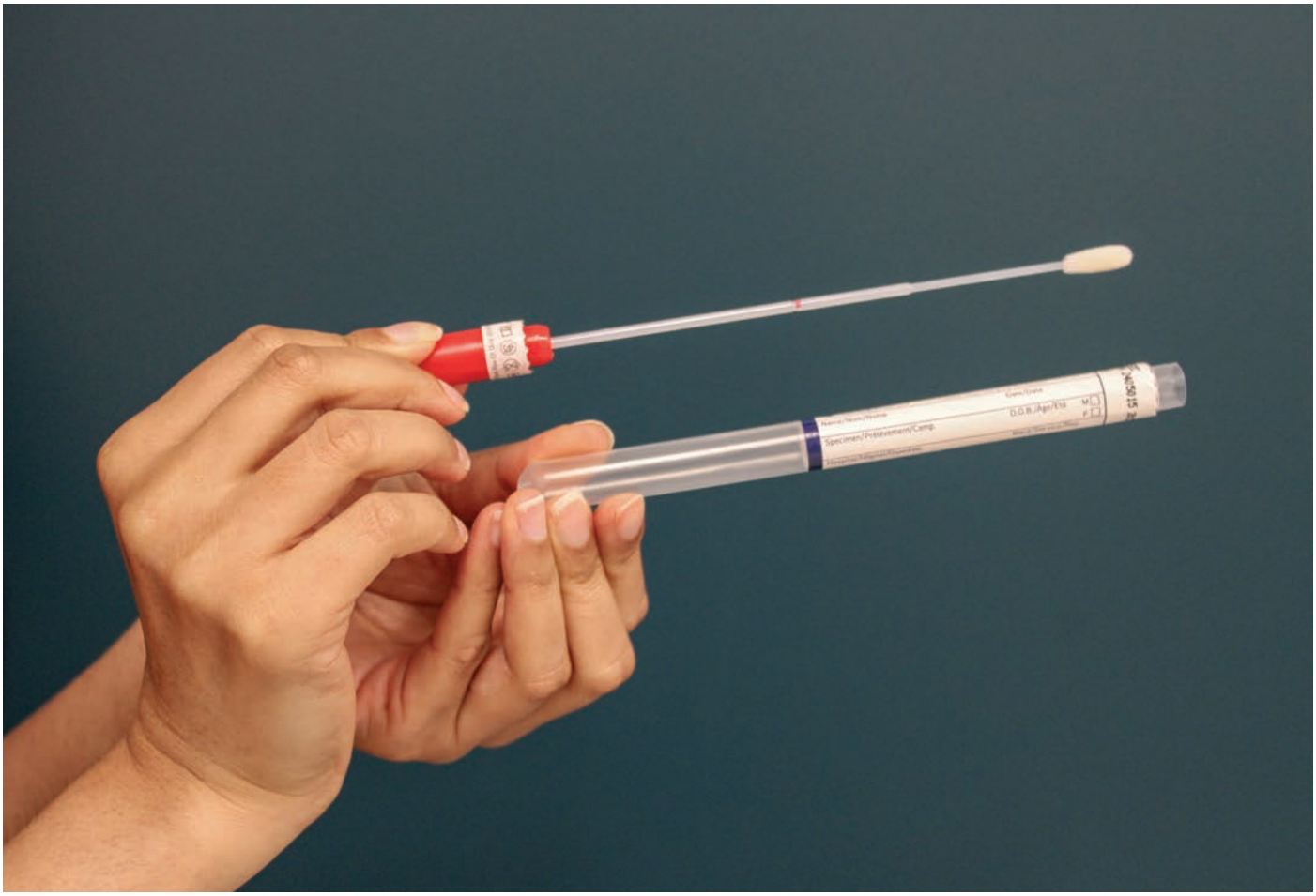
I can choose to check that my cervix is healthy.

The cervical screening test used to be called a Pap smear. It was done every 2 years.

Now the test is done every 5 years.

If I want to know how the test is done, I can ask someone I trust.

My trusted person can be a family member, my support person, a doctor or a nurse.



There are 2 ways to do the cervical screening test.

The first way to do the test is called self-collection or a self-swab.

This means I can do the test by myself.

This test is taken from my vagina.

I can ask a doctor or nurse to help me if I want help.

The second way is for the doctor or nurse to do the test from my cervix.

They will use a tool called a speculum.

I can choose if I want to do the test myself or with a doctor or nurse.

Who should have the cervical screening test?

All people with a cervix from age 25 to 74.

These are the ages that people might get cervical cancer.

If doctors see changes in your cervix, they can often fix them.

These changes can cause cancer if nothing is done.

I want to know more about this cervical screening test.

How will I know I should have the test?

The Australian government usually sends people a letter in the post.

The letter is to remind them to have a cervical screening test.

There will be a lot of words to read.

I can ask someone I trust to read it and explain it to me.

My doctor or nurse might tell me I need a test.

I feel better knowing that everyone with a cervix can be tested.

I do not have to feel worried about the test.

I can decide if I want to have the cervical screening test.

Making an appointment

If I want a cervical screening test, I can make an appointment at my usual GP Clinic, a Family Planning Clinic, a Women's Health Clinic or an Aboriginal Health Service.

I can choose to ask someone I trust to help me make the appointment.

Or I can choose to ask them to make the appointment for me.

Asking a trusted person to come to the appointment

Going to medical appointments can be scary for some people.

Some people do not like to go alone to medical appointments.

I can ask someone I trust to come to the appointment with me.

My trusted person can help me understand what is happening at the appointment.

Choosing a female or male doctor or nurse

I can choose to ask for a female or male doctor or nurse.

It is my choice.

I can tell the clinic when I call to make the appointment.

Or my trusted person can ask the clinic for a female or male doctor or nurse.

This is the end of Before My Cervical Screening Test

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