

During My Cervical Screening Test



Screen

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screening information
for people with
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Arriving at the clinic

When I get to the clinic, I will tell the receptionist my name.

They may ask me other questions.

I can have someone I trust to help me answer.



Waiting for the test

The receptionist will tell me to sit in the waiting room.

I will be called when the doctor or nurse is ready for me.

There may be lots of people waiting.

I may not like waiting as it is boring and sometimes noisy.



What I can do while I wait

Some people read magazines and some play on their phone.

I can bring my phone or iPad and headphones to watch videos or listen to music.

I can bring a fidget or sensory toy.

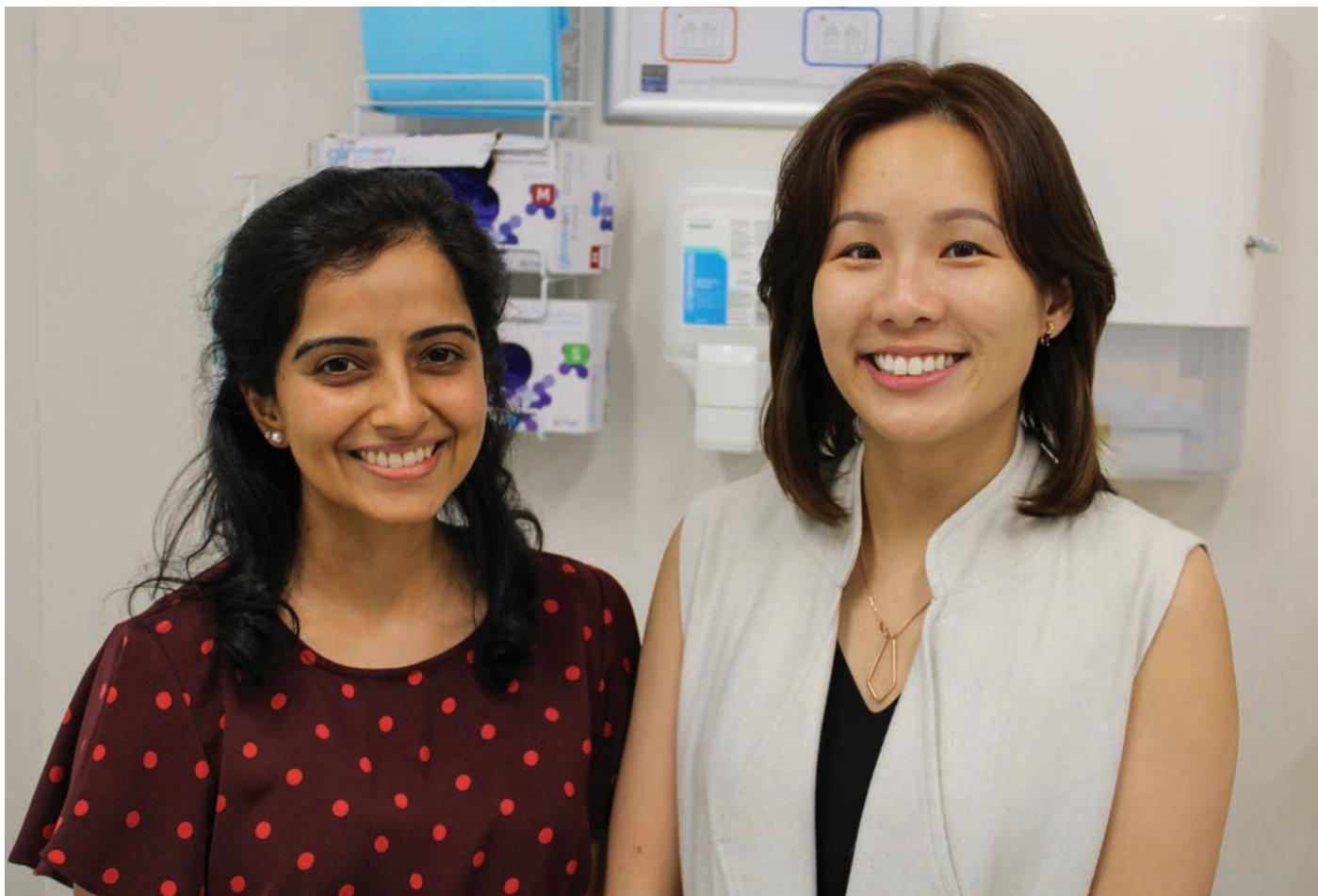
I can also bring a snack or drink.

This can help me relax while I wait for my turn.



I can ask the receptionist how long the wait will be.

I can ask if I can wait in the car and to call or text me when it is my turn.



Going into the clinic room

When it is my turn, the doctor or the nurse will call me to go into the clinic room.

My trusted person can come in with me for part or all the appointment.

It is my choice. I can tell the doctor or nurse what I would like to help me feel comfortable.



Choosing my cervical screening test

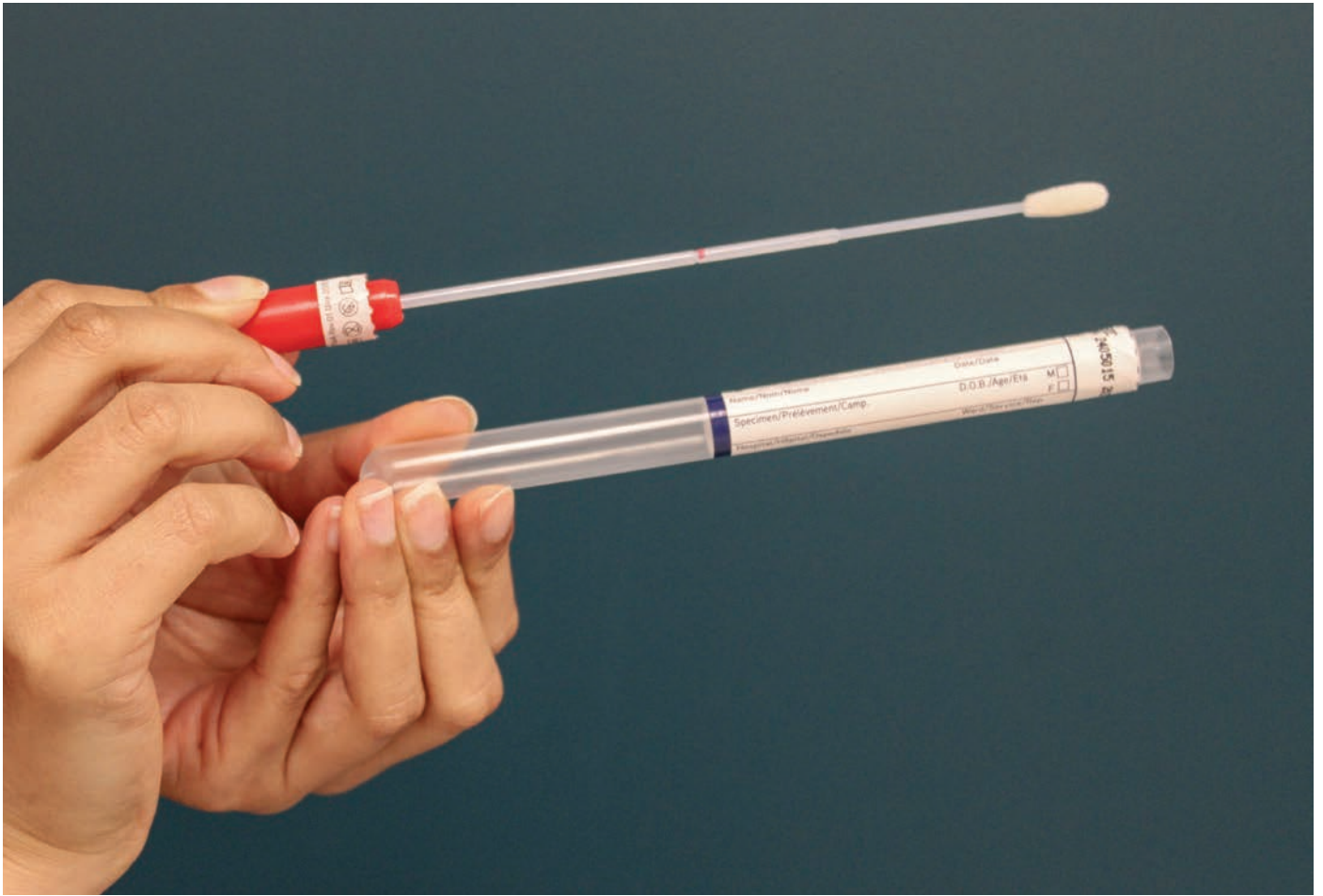
First, the doctor or nurse will ask if I agree to have the test.

When I say yes, they will ask if I want to do the self-swab from my vagina or the test from my cervix.

I can do the self-swab myself or the doctor or nurse can help me.

If I choose the test from my cervix, they will use a tool called a speculum and a soft brush to do the test.

It is my choice how I want to do the test.



Option 1: The self-swab test

The doctor or nurse will give me the test which comes in a tube.

Inside the tube is a swab. There are also directions with pictures to show me what to do.

Some people worry they will not do it right.

If I am worried, I can ask the doctor or nurse to help me.

It is easier and does not need a speculum.



How the self-swab test works

I can go to a private space like behind a curtain in the clinic room or the clinic bathroom.

I will open the tube and take out the swab.

I try not to touch the soft part of the swab with my fingers.

I will put the soft part into my vagina and move it in circles 2 to 3 times.

This should not hurt.



I will take the swab out of my vagina.

Then I will put it back in the tube without touching the soft part.

I will close it and give it to the doctor or nurse. The doctor or nurse will send it for testing.



How do I know what to do?

There are directions and pictures I can follow.

If I am not sure, I can ask the doctor or nurse to help me.

I can also ask the doctor or nurse to do the self-swab for me.

It is my choice.



What if I make a mistake?

If I touch the soft part or drop the swab on the floor by mistake, I can tell the doctor or nurse.

It is okay, I do not have to feel upset.

The doctor or nurse can help me do the test again



Option 2: The cervix test

The doctor or nurse will ask if I agree for them to do the cervix test.

They use a special tool called a speculum.

They will put the speculum into my vagina and use a soft brush to take the test.

I can tell the doctor or nurse if I prefer a cervix test.



What to do

The doctor or nurse will ask me to take off my underpants and lie on the clinic bed.

They will give me a sheet to cover my body.

They will ask me to open my legs so they can put the speculum into my vagina.



It may feel uncomfortable but it does not usually hurt.

It takes about 5 minutes.

They will tell me when it is over.



Ways to help me relax

It may feel uncomfortable when the speculum goes into my vagina.

It will help if I relax by taking slow deep breaths.

I can listen to music or play on my phone.

I can hold my fidget or sensory toy.

I can think about nice things to take my mind off things.



I can say stop

If it is too uncomfortable, I can say “please stop”.

The doctor or nurse must stop if I tell them to.

It is ok, it is my choice.



When the test is over

I will get dressed.

I can ask the doctor or nurse any questions about the test or about my health.

I can make a follow-up appointment, if I want to.

Then I can go home and treat myself with something I like.



The doctor or nurse will send my test to the laboratory.

It will be checked for HPV.

I can call the doctor or nurse for my results or they will call me

Or I can talk about my results at a follow-up appointment.

This is the end of Before My Cervical Screening Test



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