



# Cervical screening test

Easy Read fact sheet

## About this fact sheet



This fact sheet is from  
Jean Hailes for Women's Health.



You can read more information about this topic  
on the  
[Jean Hailes Cervical screening test web page.](#)



This fact sheet is written in a way that is easy  
to understand.



We add a star before and after **\*hard words\***.  
Then we explain what the words mean.



You can ask someone to help you read and  
understand this fact sheet.



Contact information is at the end of this  
fact sheet.

## What is a \*cervical screening test\*?

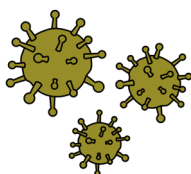


The cervical screening test helps protect you from cervical cancer.

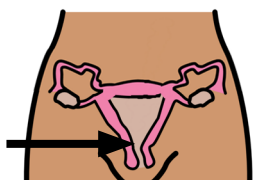


There used to be a test called a Pap smear. Now people have a cervical screening test.

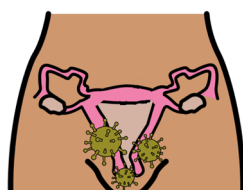
We will call it the **test**.



The test checks your **\*cervix\*** for the **\*human papilloma virus\*** or HPV.



The cervix connects the vagina to the uterus.

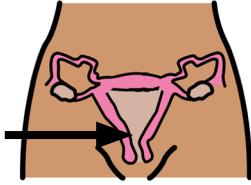


HPV causes most cervical cancers.



Most people with HPV do **not** have symptoms so it is important to get tested.

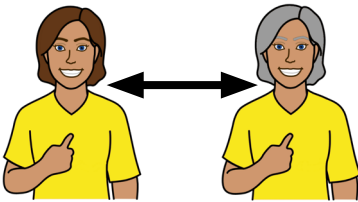
## Do you need a cervical screening test?



You need to have a test if

- you are a woman or person with a cervix

**and**



- you are aged 25 to 74

**and**



- you have had any kind of sex with another person.

## How often do you need a test?

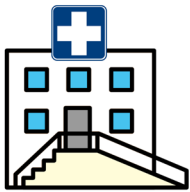


You need to have a test every 5 years if you are aged 25 to 74.



It is safe to have the test every 5 years because the test finds HPV early.

## Where can you have a test?



You can have a test at

- a doctor's clinic



- a health centre



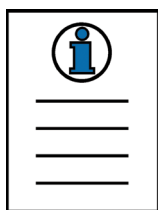
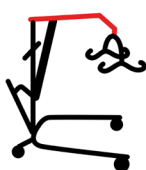
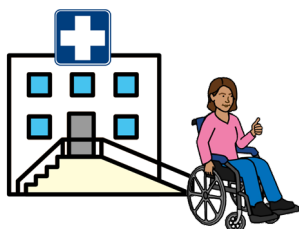
- a family planning clinic.

## Access to health care

You can contact your local clinic or health centre **before** your visit to tell them about your needs.

For example, you might need

- easy access to get in and around the clinic
- a hoist to move onto a bed
- clear information to take home and read.
- an interpreter.



You can also ask for a longer appointment if you need it.

## How is the test done?



Book an appointment at a clinic or centre.

You can

- get a doctor or nurse to do the test
  - you can ask for a female to do the test

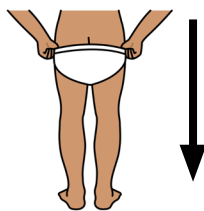


- do the test yourself.



Both options are safe and will give the same results.

## When a doctor or nurse does the test



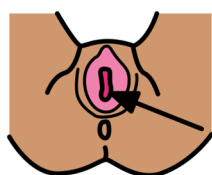
The doctor or nurse will take you to a private room and ask you to take off your underpants.



They will ask you to lie on a bed with your knees apart.



You will be given a sheet to cover yourself.



They will gently insert a **\*speculum\*** into your vagina.



A speculum is a plastic or metal device that opens the vagina so the doctor or nurse can see the cervix.



They will use a small brush to take a sample from your cervix.



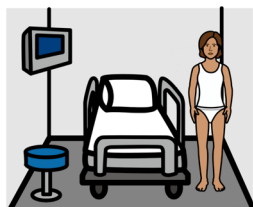
This might feel strange but it should **not** hurt.



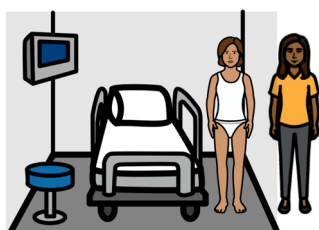
## When you do your own test



You will be given a test kit and instructions.



You can do the test in a private room by yourself.



You can ask someone to come in and help you.

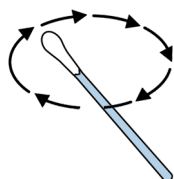


Wash your hands before and after you do the test.



Take off your underpants and

- insert the **\*swab\*** into your vagina
  - a swab is like a long cotton bud

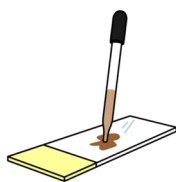


- move the swab around in circles in your vagina for 10 to 30 seconds
  - this might feel strange but it should not hurt

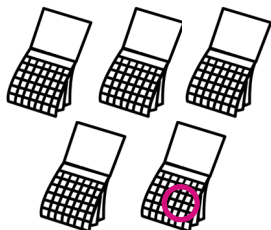


- put the swab in the pack and give it to the nurse.

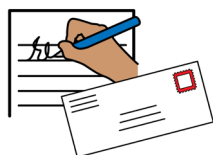
## What happens after your test?



The sample will be sent to a lab for testing.



If your test does **not** show HPV you can wait 5 years before you do another test.



The National Cancer Screening Register will send you a letter about your next test.



If your test shows HPV your doctor will talk to you about next steps.



For more information about the **National Cervical Screening Program** call **1800 627 701**.



 **Jean Hailes**  
for Women's Health

## More information

For more information contact  
Jean Hailes for Women's Health.



**Call**            03 9453 8999



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