CERVICAL SCREENING (SMEAR TESTS)

Why... Is a Smear Test Important?

Cervical screening lowers your chances of getting cervical cancer, by identifying abnormal cells so they can be removed before they become cancer .

Cervical screening currently prevents 70% of cervical cancer deaths. If every eligible person attended cervical screening regularly, 83% of cervical cancer related deaths could be prevented.

Early cervical cancer often displays no symptoms, so you may not realise you have cancer until it has spread.

What... Is a Smear Test?

A cervical smear test looks for abnormal cell changes in the cervix. Finding changes can prevent cervical cancer from developing.

A smear test takes less than 5 minutes.

You should have a smear test every 3 years from the age of 25 and every 5 years when you are over 50.

It is important to continue to have smear tests even if your initial screening does not find any abnormal cells, just because you don't have them now doesn't mean you never will.

How... Do I Get a Smear Test?

A nurse or doctor can conduct your smear test at your local GP practice or sexual health clinic.

A small brush is used to sweep over your cervix to collect cells.

The NHS will contact you when it's time for your smear test but if you think you have missed a reminder, please speak to your GP surgery.

If you are a trans man or non-binary and have a cervix, you should have a smear test too, but you may not get a smear test invite if you are registered with your GP as a male. Speak to your GP if you would like to have a smear test so they can arrange it for you.

For more details on smear tests including information if you are trans and/or non-binary, visit **www.jostrust.org.uk**

Smear tests are free, they don't hurt and they could save your life. For further information visit:
www.nhs.uk/conditions/cervical-screening/