

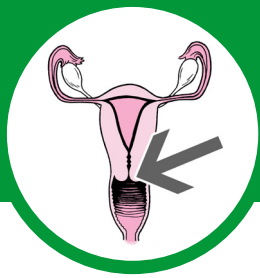
In partnership with

**MACMILLAN**  
CANCER SUPPORT

easy  
read

# Cervical screening (smear test)





# About this easy read booklet



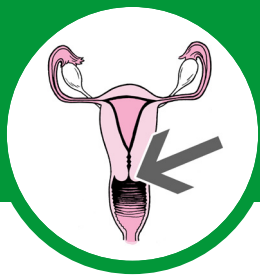
This booklet is about cervical screening. This is sometimes called a smear test.



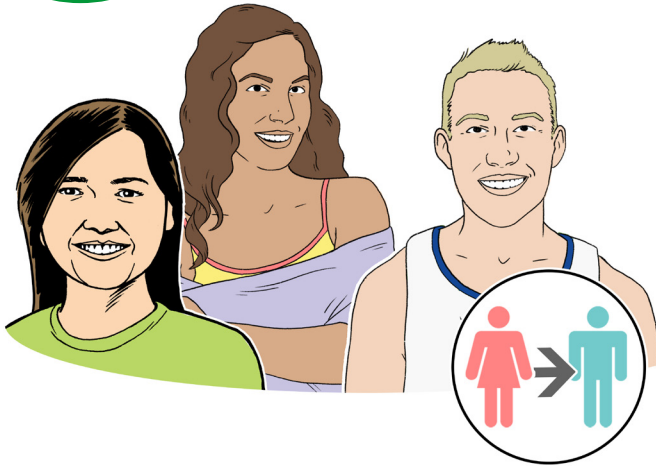
You can learn about what happens to you when you go for cervical screening.



If you are worried about your health, you should talk to a doctor or nurse.



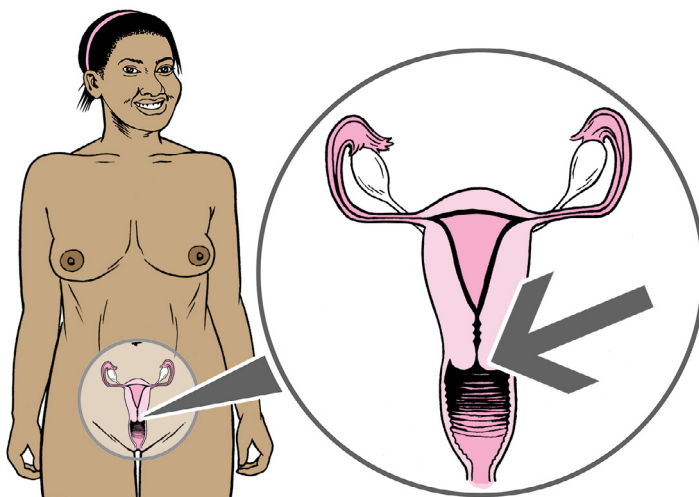
# Cervical screening



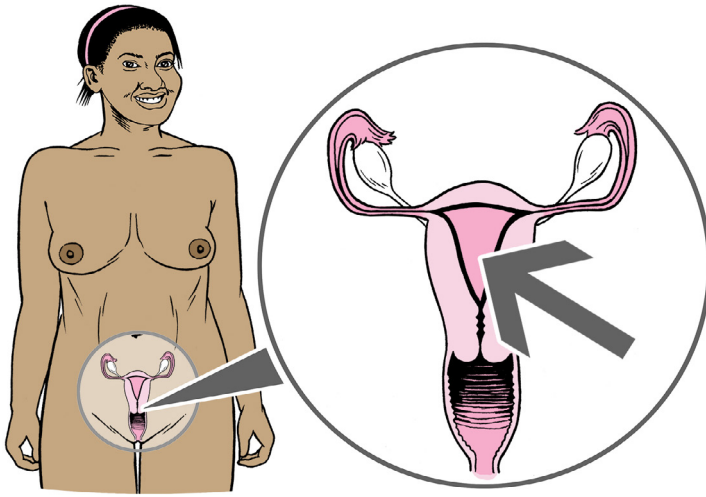
Women, trans men and people **assigned female at birth** can get cancer of the cervix.



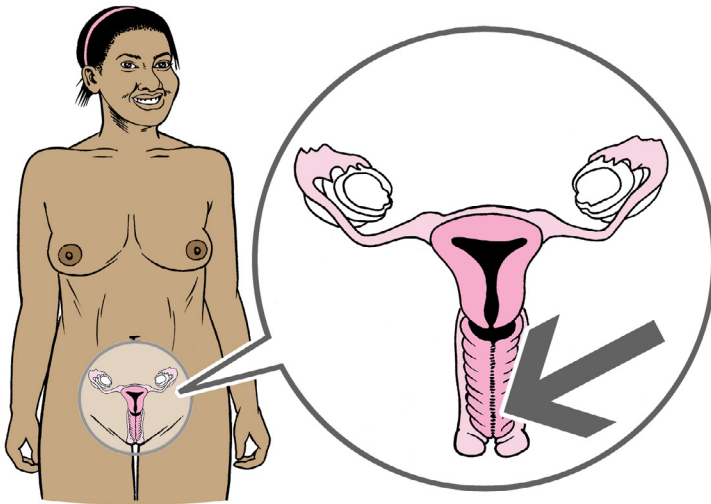
**Assigned female at birth** means that when you were born the doctor said you were female. But this may not be the same as your gender.



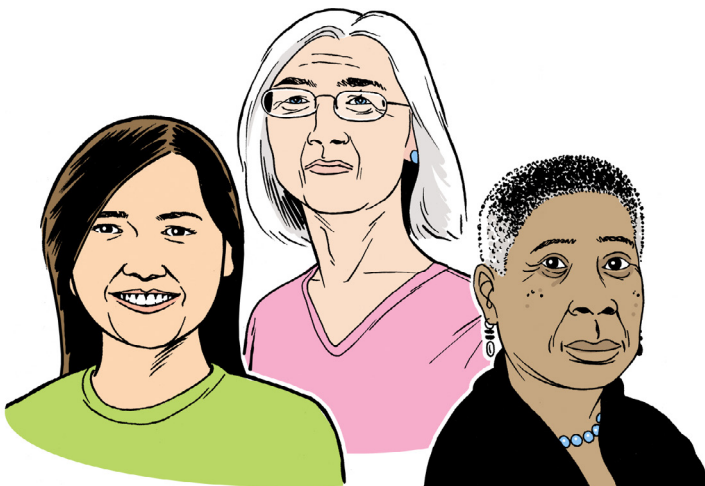
The cervix is the entrance to the womb. It is inside the body at the top of the vagina.



The womb is an organ inside the body in the lower tummy area. It is where a baby grows if you are pregnant.

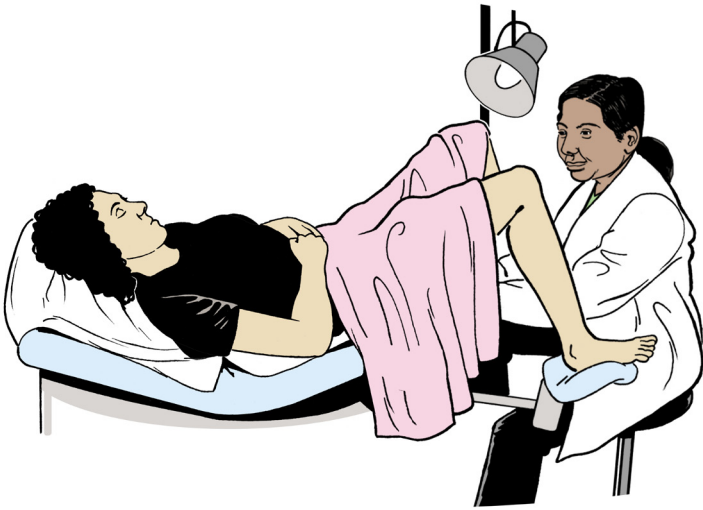


The vagina is a passageway inside the body. It is part of the sexual organs. The entrance to the vagina is between the legs.

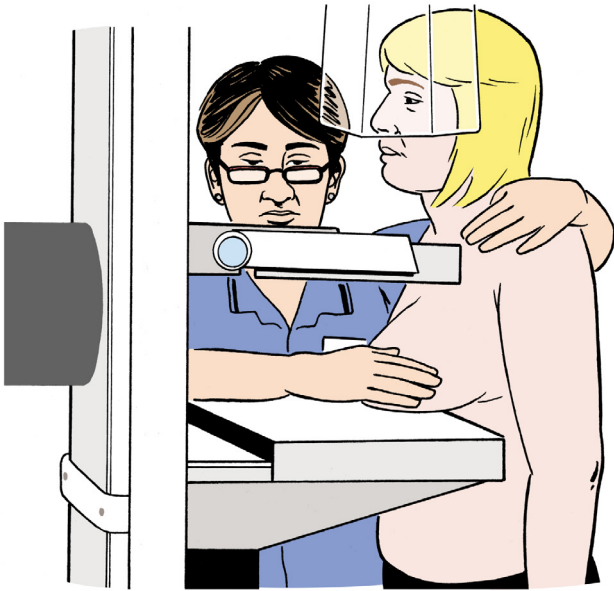


If you have a cervix and you are between the ages of 25 and 64 years old, you can have cervical screening.





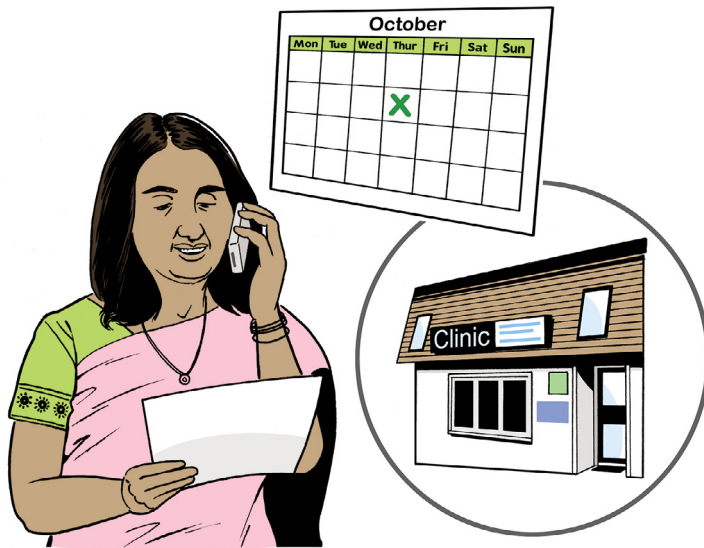
A cervical screening checks if your cervix is healthy. It checks for early signs that cancer might develop. This means you can have treatment to stop you getting cancer.



There are other screening tests that look for the very early signs of cancer. You have screenings even if you feel well. It means cancer can be treated or stopped before it causes problems.



You will usually be sent a letter inviting you for cervical screening.



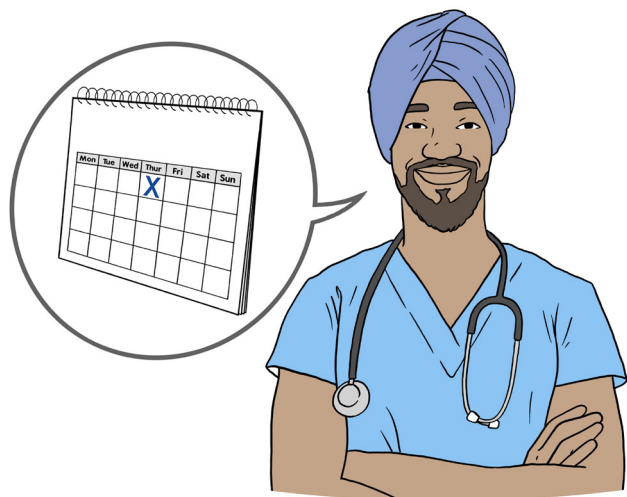
You will need to book this at your doctor's surgery or a sexual health clinic.



It is your choice if you go for cervical screening or not. It is a good way of checking you are healthy and it can stop you getting cancer.



If you are aged between 25 and 64, you will be invited to have a smear test every few years.



Your doctor or nurse can tell you when your next test is due.



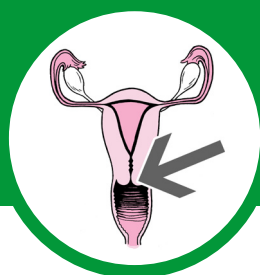
The cervical screening test will be done by a nurse or doctor. If you think you have missed your letter, ask your doctor or nurse.



If you are worried about having cervical screening, tell your doctor or nurse. They will try to help. Tell them if you prefer a female nurse or doctor.



You can bring someone to support you.



## What happens at a cervical screening appointment



The doctor or nurse will talk to you about your health.



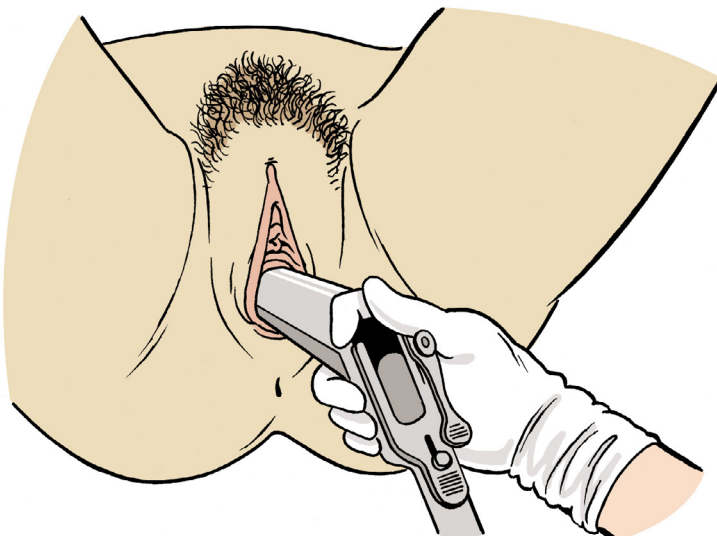
They will then ask you to take off your pants.



And then ask you to lie down on the bed in the room.

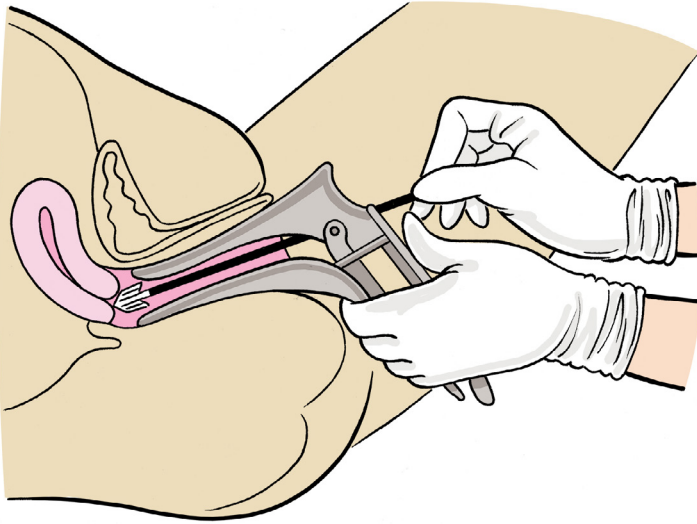


The test should not hurt but may be slightly uncomfortable. Try to relax and not worry.



The doctor or nurse will use something called a speculum to open your vagina. This helps them to see your cervix.





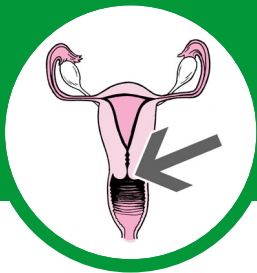
They will then use a small brush to take some **cells** from your cervix. **Cells** are the tiny building blocks that make up people's bodies.



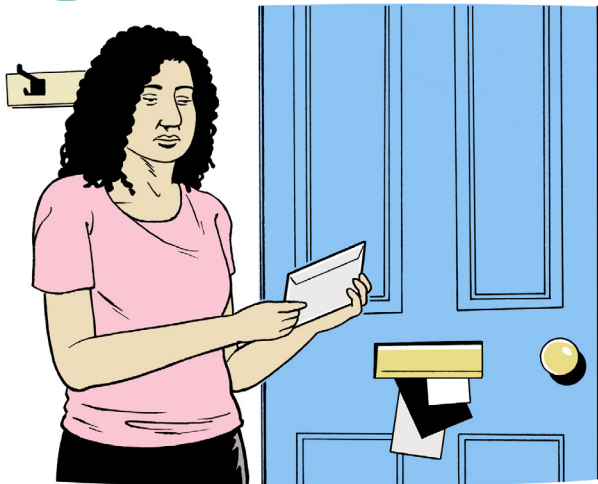
That is the end of the test. Then you can put your clothes on again.



The cells that are on the brush will be sent for testing.



# What happens next?



You will be sent a letter with your results. This may take a few weeks.



The letter may say that everything is OK.



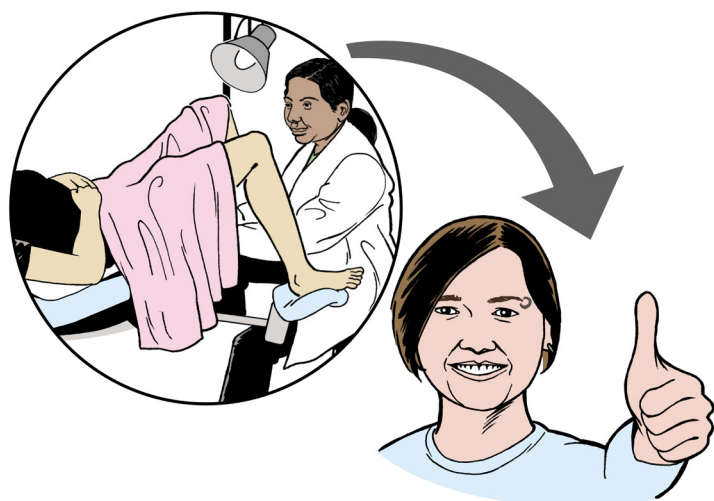
Sometimes you will be asked to have another test.



This might be because the test did not work properly.



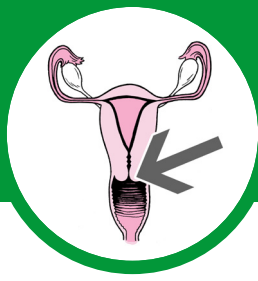
Or it might be because the test shows something is wrong.



The second test will find out if you need treatment to stop you getting cancer.



If you do not understand your results, ask for help. Your doctor or nurse can tell you more.

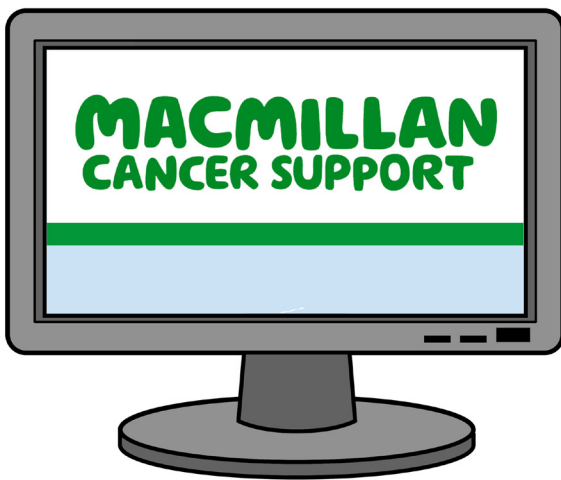


# How Macmillan can help you

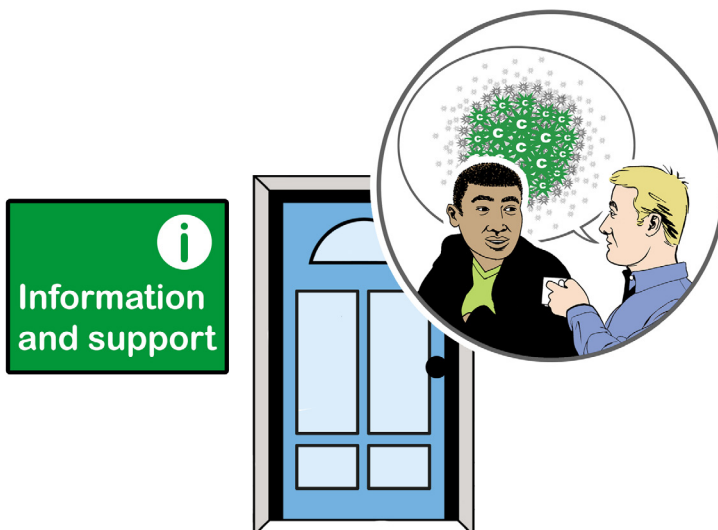


You can get support from:

- The Macmillan Support Line.  
Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website.  
Visit **macmillan.org.uk** for information about cancer.  
You can also use our web chat to ask questions at **macmillan.org.uk/talktous**

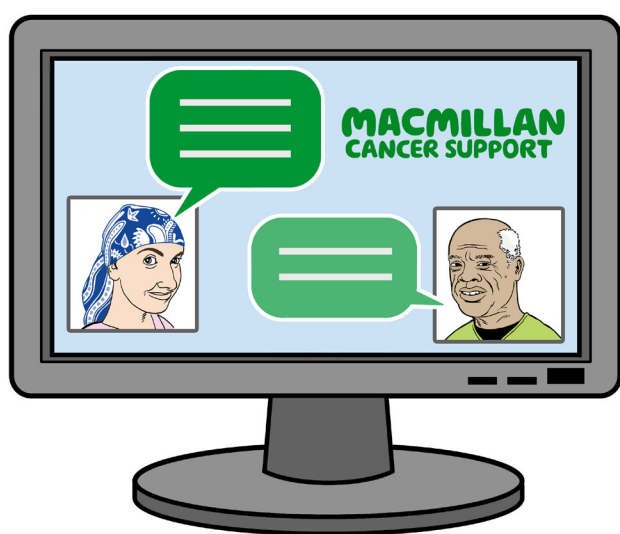


- Information centres. You can talk to a cancer support specialist and get written information. Find your nearest centre at **macmillan.org.uk/informationcentres** or call us.

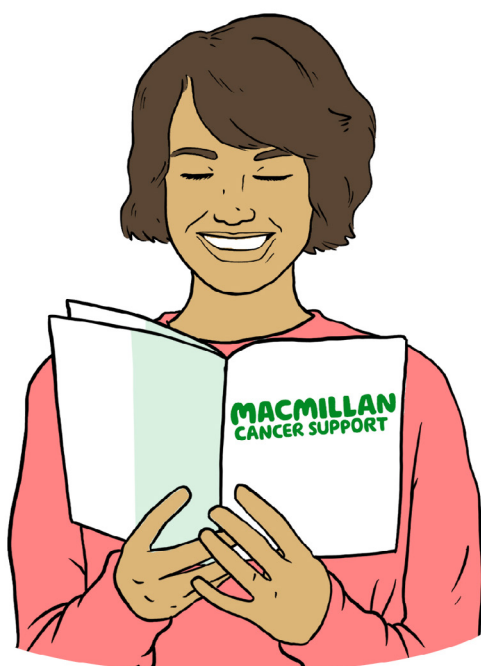




- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



Macmillan can give you information in different ways:

### Booklets about cancer

You can order booklets about cancer from [be.macmillan.org.uk](https://be.macmillan.org.uk)



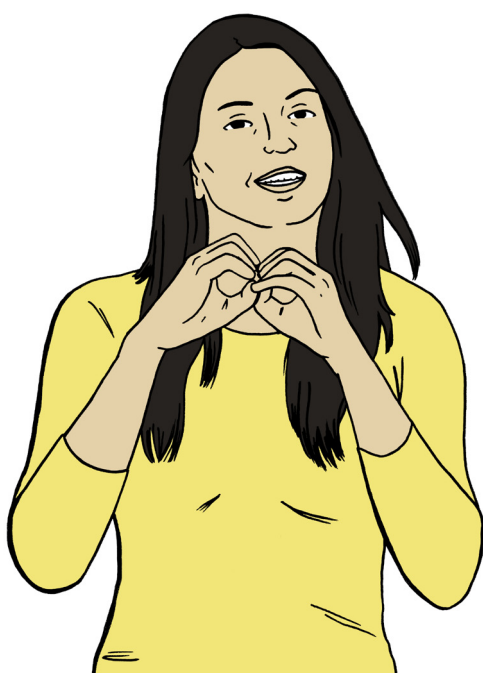
## Videos

You can watch videos about cancer at [macmillan.org.uk/videos](https://macmillan.org.uk/videos)



## Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://macmillan.org.uk/audio)



## British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://macmillan.org.uk/bsl)



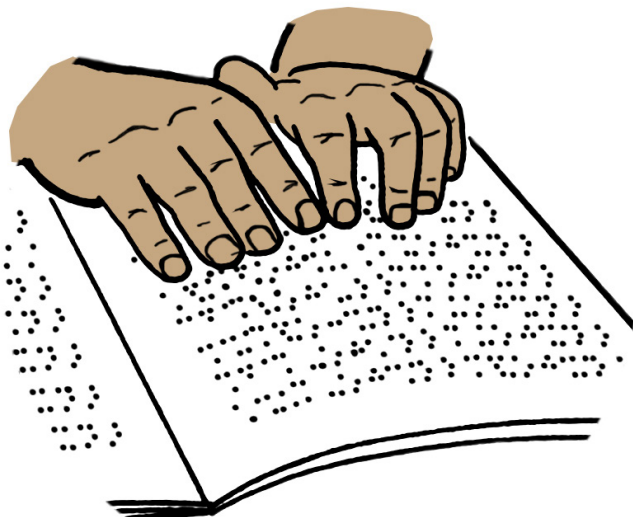
## eBooks

You can get eBooks  
about cancer from  
[be.macmillan.org.uk](https://be.macmillan.org.uk)



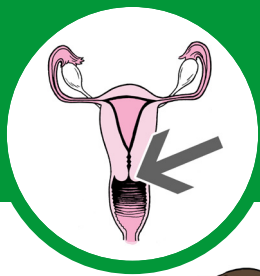
## Large print

Tell us if you need  
information in large print.  
Email: [cancerinformationteam  
@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



## Braille

Tell us if you need  
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# More easy read booklets



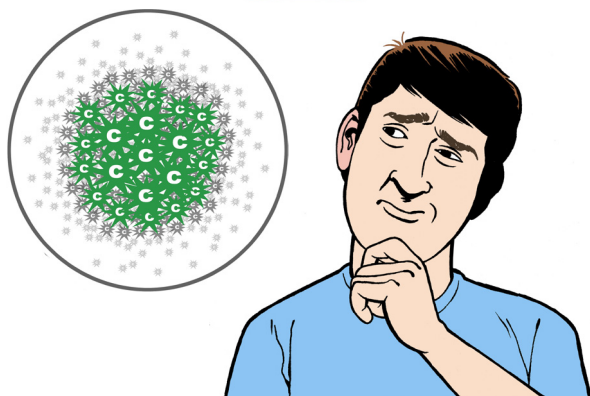
Order more easy read booklets from  
[macmillan.org.uk/easyread](http://macmillan.org.uk/easyread)

There are booklets on lots of topics:



## About Macmillan

- How Macmillan Cancer Support can help you



## About cancer

- Lung cancer
- What is cancer?

## Signs and symptoms

- Breast care for women
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer





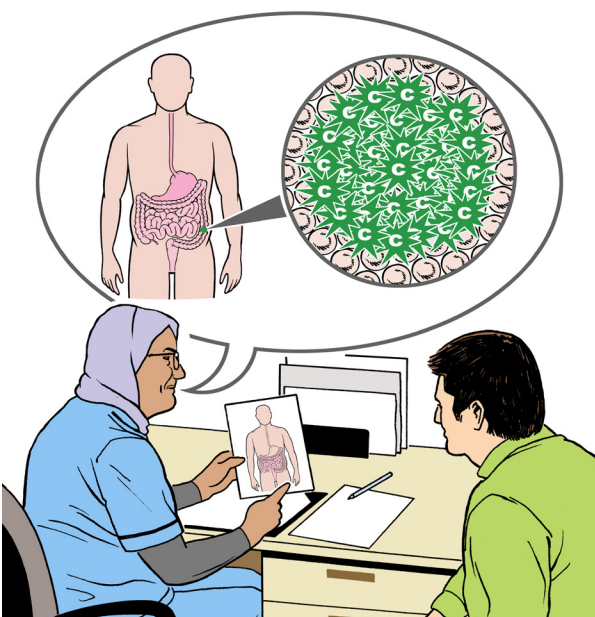
## Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex



## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor





## Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer

## Living with cancer

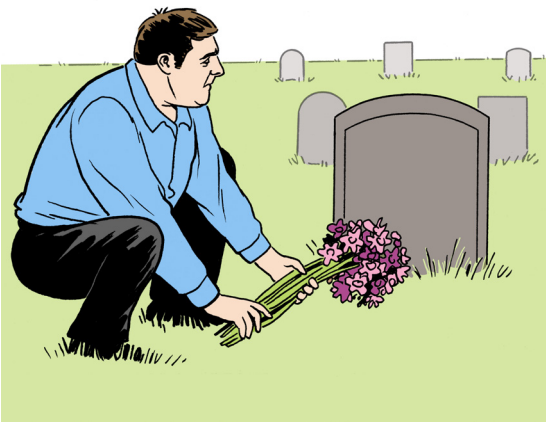
- 7 steps to equal healthcare
- After treatment for cancer
- Cancer and coronavirus
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer





## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Who can help if you are dying
- Your feelings if you are dying



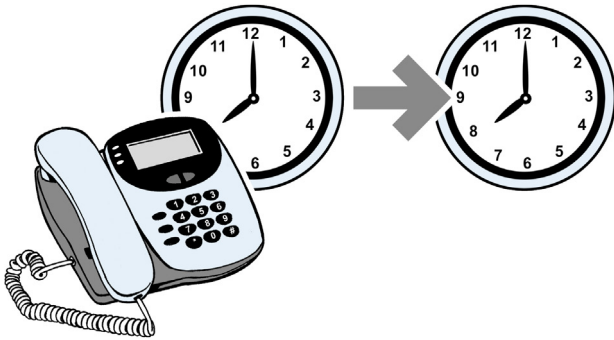
## After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread) or call us on **0808 808 00 00**

This booklet is about cervical screening.

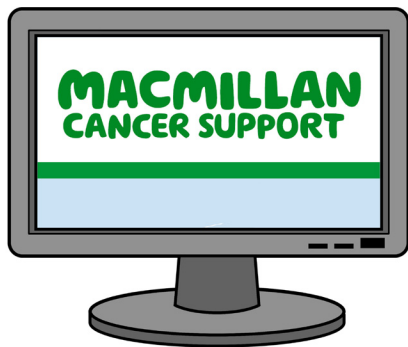
It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:  
**0808 808 00 00**  
7 days a week from 8am to 8pm.



- If you use a textphone, you can call:  
**18001 0808 808 00 00**



- Or go to the website  
**[macmillan.org.uk](https://www.macmillan.org.uk)**

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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