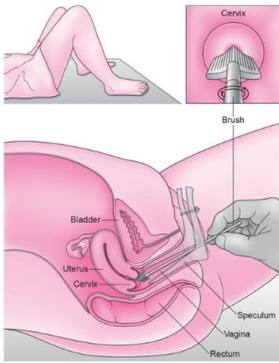


WHAT TO EXPECT...

DURING THE SCREENING:

- You can ask for a smaller speculum if the standard size causes discomfort.
- If it feels uncomfortable, try adjusting your position or ask the clinician to insert the speculum more slowly.
- Distract yourself with music or by focusing on something calming.
- Practice steady breathing to stay relaxed.
- Don't hesitate to ask the nurse or doctor to explain each step as they go.



AFTER THE PROCEDURE:

- Light spotting may occur afterward, so wearing a panty liner or sanitary pad is a good idea.
- If you experience discomfort, you can take paracetamol or ibuprofen.
- Contact your GP if you have any concerns following the screening.

BOOKING YOUR CERVICAL SCREENING:

- Once you receive an invitation from the NHS, you can book your screening by calling your GP practice or sometimes online.
- In some regions, you may also book through a local sexual health clinic or visit a walk-in centre.

You should still book your screening if you:

- Have never had sex, haven't been sexually active in a while, or have only had one partner.
- Are in a same-sex or LGBTQI+ relationship.
- Have had a partial hysterectomy but still have your cervix.
- Missed your last screening or believe you're due for one but haven't received a letter.
- Previously opted out of NHS reminders but now want to re-join the invitation list.
- Are not currently registered with a GP.
- Have received the HPV vaccine.



LET'S TALK CERVICAL SCREENING

WHO IS CERVICAL SCREENING FOR?

Cervical screening is intended for anyone with a cervix, including women, trans men, non-binary individuals, and intersex people, aged 25 to 64.

If your gender marker on your NHS records hasn't been updated, you'll automatically receive a letter inviting you to book your screening when it's due.

TIPS FOR A SMOOTHER CERVICAL SCREENING EXPERIENCE

BEFORE YOUR APPOINTMENT:

Here are some steps you can take to feel more at ease

- You can request a nurse or doctor of a specific gender if that makes you more comfortable.
- Booking the first appointment of the day might help you avoid long waiting times.
- Ask for a longer appointment slot if you'd like extra time to ask questions.
- Bring along a friend, family member, or partner for support.
- Wear clothes that allow you to remove only what's necessary.
- Use the restroom beforehand to help you feel more relaxed during the procedure.

