



Australian Government

# NATIONAL CERVICAL SCREENING PROGRAM

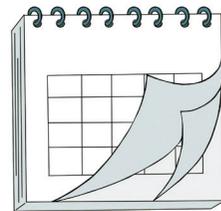
A joint Australian, State and Territory Government Program

## Cervical Screening Test – your choices explained

Having a Cervical Screening Test every 5 years will help you stay healthy, both for yourself and your family



1. Cervical screening is one of the best ways to protect yourself from cervical cancer – so that you can **stay healthy for yourself and your family.**



2. It's a **quick test** you take **every 5 years** for a virus called HPV that can lead to cervical cancer.



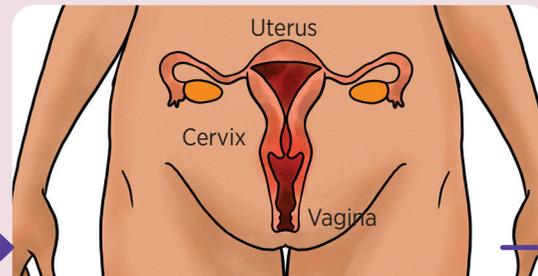
3. If you are a woman or person with a cervix, aged between 25-74 you should **talk to your doctor or nurse** about having a Cervical Screening Test.



4. You have a **choice** on how your Cervical Screening Test is done. There are 2 options and you can pick which one is right for you.



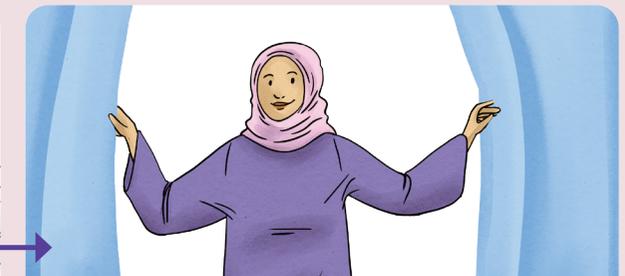
5. **Your doctor or nurse can do the test for you.** In a private space, you will be asked to remove your clothes from below the waist and lie down under a sheet.



6. The doctor or nurse will take a sample from your cervix. It might be a bit uncomfortable but should not hurt. It will only take a few minutes.



7. Or you can **collect the sample yourself.** Your doctor or nurse will explain how to take your own sample and give you a private space. Ask your doctor or nurse to show you another guide like this one to help you collect your own sample.



8. Both options are safe ways to have a Cervical Screening Test. Remember, you can ask for a female doctor or nurse if you like.

**Book an appointment** to talk with your doctor or nurse. You can also:

- visit [health.gov.au/NCSP-multicultural](https://www.health.gov.au/NCSP-multicultural) for more information about cervical screening
- call **1800 627 701**
- call the Translating and Interpreting Service (TIS National) on **13 14 50** to get help in your language.