

Cervical Screening Tests

Easy Read



The ffodil Centre

A partnership between



CDS

Centre for
Disability
Studies



This fact sheet is about getting a **Cervical Screening Test**.



This fact sheet is from

The Centre for Disability Studies
and **The Daffodil Centre**.



This fact sheet is in **Easy Read** format.

If you need help to understand, you can ask someone you trust.



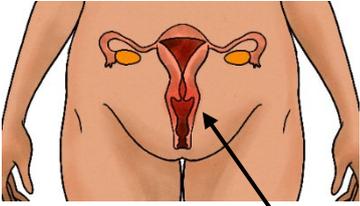
You can find more information and watch a short film at

www.health.gov.au/screen-me

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What is a Cervical Screening Test?



A **Cervical Screening Test** is a check to make sure your **cervix** is healthy.

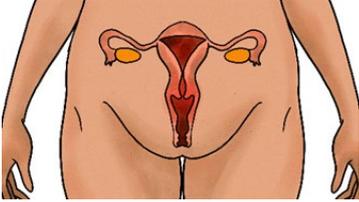
Your **cervix** is inside your body at the top of your vagina.

This picture shows an arrow pointing to the cervix.



Getting a Cervical Screening Test every 5 years can help protect you against cervical cancer.

What does a Cervical Screening Test check for?



A Cervical Screening Test checks for an infection called **human papillomavirus**.

We say **HPV** for short.



HPV is a very common virus.

You can get it from having sex or sexual touching.

HPV usually has no symptoms and goes away on its own.



Sometimes HPV can cause changes that turn into **cervical cancer**.

Cervical cancer is a problem with your cervix that can make you very sick.

A Cervical Screening Test can help prevent cervical cancer so you stay healthy.

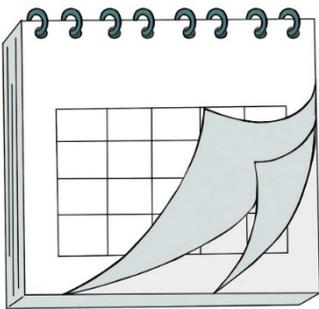
Who should do a Cervical Screening Test?



You should do a Cervical Screening Test if:

- You are a woman or a person with a cervix
- You are aged 25 to 74
- You have ever had sex or sexual touching with anyone

When should I do a Cervical Screening Test?



Most people need to do a Cervical Screening Test every 5 years.

You will get a letter in the mail to remind you.



If you are not sure when to do a cervical screening test, you can ask your doctor or nurse.

How can I book a Cervical Screening Test?



You can do a Cervical Screening Test with a doctor or a nurse.



You can book an appointment at:

- Your doctor's clinic
- A Family Planning clinic
- An Aboriginal Health service



If you need help to make an appointment, you can ask someone you trust.

What happens in a Cervical Screening Test?



There are two ways to do a Cervical Screening Test:

- You can do the test yourself
- A doctor or nurse can do the test for you

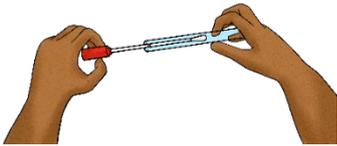
You can choose which way you want to do the test.

Doing the test yourself with a self-swab



You can do the test yourself with a **self-swab**.

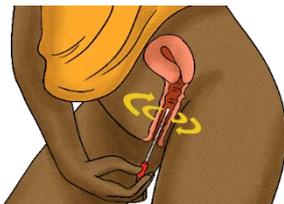
Another word for doing the test yourself is **self-collection**.



Your doctor or nurse will give you a **swab**.

A **swab** is a small bendy stick that feels soft at the end.

Your doctor or nurse will show you how to use it.



You do the test by putting the swab inside your vagina.

You do not need to reach all the way to your cervix.

Getting help to do the test with a self-swab



Some people need help to use a self-swab.

You might need help if:

- you find it hard to hold the swab
- you find it hard to reach your vagina
- you aren't sure what to do



When you get help to use a self-swab, we call this **assisted self-collection**.



A doctor or nurse can help you to do the test.



They will use a swab to take a sample from your vagina.

Getting your doctor or nurse to do the test



Your doctor or nurse can do the test for you.

Another word for when your doctor or nurse does the test is **clinician collection**.



Your doctor or nurse will use a tool called a **speculum** to look inside your vagina.

They will use a soft brush on your cervix.

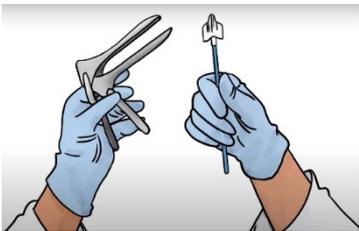


The test should not hurt, but some people find the speculum uncomfortable

What kind of test should I choose?



Both kinds of test are safe.



Both kinds of test are very good at checking for HPV.



You can choose which one you want.



If you are not sure which test to choose, you can ask your doctor or nurse.

Or you can ask someone you trust to help you decide.

How can I make getting a test easy for me?



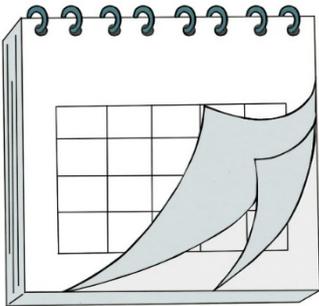
You can ask your doctor or nurse for what you need.

Think about what would make getting a test easier for you.



You can ask for an appointment at a time when the clinic is less busy.

You can ask for a longer appointment.



Or you can book 2 appointments:

- one appointment to talk and ask questions about getting a cervical screening test.
- another appointment to do the cervical screening test



Tell the clinic staff if you need:

- An Auslan interpreter

- Information in Easy Read or large print
- A space with less noise or smells
- A female doctor or nurse
- Wheelchair access
- Equipment like a hoist



You can talk about the test with someone you trust.

You can bring a support person with you when you do the test.

The doctor or nurse should still talk to you, not your support person.



Most people find the test quick and easy.

If you feel very uncomfortable, you can ask the doctor or nurse to stop.

You can ask to take a short break. You can try again another day.

Where can I read more information?



If you want more information about cervical screening and disability, you can go to this website:

health.gov.au/screen-me



Screen Me! is a short film about cervical screening.

It shows people with disability choosing to get a Cervical Screening Test.