

All medical staff involved in the test have been trained in the procedure and try to make the experience as stress free as possible

Darwen Healthcare Smear takers

Julia, Katrina, Adeela, Kerry, Katie, Val and Jenny

Darwen Healthlink Smear takers

Karen, Susan, Susan, Chloe, Julia, Katie

Springfenisco Healthlink Smear taker

Shanez

What other patients have fed back:

"I was immediately put at ease, I had not had a smear test in 15 years as I was frightened"

"the nurse answered all my questions and was really patient"

"I would not worry now at having the smear test"

Information on Cervical Screening in different languages and video are available at

<https://www.nhs.uk/conditions/cervical-screening/>



Darwen Primary Care Network

**Working with
Community Partners to
improve Health & Wellbeing
in Darwen & Rural Area**

Darwen Healthlink

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Darwen Healthcare

Tel 01254 964640

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James Street West

Darwen BB3 1PY

Springfenisco Healthlink

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102 Bolton Road, Darwen, BB3 1BZ

*A short procedure . . .
that can save your life*



The Importance of

Cervical Screening

(Smear Test)

Many women have already taken advantage of the service Please read on to see why It is important

 **#25itstime**

Within 3 months of you reaching 25 you will receive an invitation to go for cervical screening (smear test). You will then receive further invitations every 3 or 5 years depending on your age. See inside for more details

**Produced by
Darwen Primary Care Network**

Cervical Cancer can affect the whole family and in the case of bereavement, those you leave behind.

Information on Cervical Screening (Smear Test)

Ann Neville Practice Manager at Darwen Healthcare shares her story of how the pain of losing her mother when she was young is still felt throughout her life

My mum was diagnosed with Cervical Cancer in January 1981 at the age of 49 having never had a smear test in over 15 years. I was aged just 16 when she was diagnosed with the disease and due to the late diagnosis my mum

had limited options of treatment.

At the time I was taking my GCSE's and my mum really struggled with pain towards the end of June that year. I finished my GCSE's in June and sadly my mum died at the End of June ensuring that I had finished my exams.

My mum didn't have the opportunity to see my two adorable children grow up or see their two gorgeous children. My brother John and I recently talked about it and how we wished our mum had attended a smear appointment.

Please take up the offer of your Cervical Screening opportunity as I do – It may save your life

Ann Neville

All women who are registered with the four GP practices promoting this service will receive a National Cervical Screening Invitation at the recommended intervals below:

- aged 24.5 to 49 – every three years
- aged 50 to 64 – every five years
- over 65 – only women who haven't been screened since age 50 or those who have recently had abnormal tests

What happens when you go for cervical screening?

Booking your test

You'll receive a letter through the post asking you to make an appointment for a cervical screening test. The letter should contain the details of the places to contact for the appointment. Most women choose to go to their GP practice, although it may also be available at a well woman clinic or sexual health clinic. Screening is usually carried out by the practice nurse.

Try to ensure that your booked appointment is not 2 days either side of your menstrual period. If you use a spermicide, a barrier method of contraception or a lubricant jelly, you shouldn't use these for 24 hours before the test, as the chemicals they contain may affect the test.

Your screening appointment

The cervical screening test usually takes around five minutes to carry out. You'll be asked to undress from the waist down and lie on a couch, although you can usually remain fully dressed if you're wearing a loose skirt.

The doctor or nurse will gently put an instrument, called a speculum, into your vagina. This holds the walls of the vagina open so the cervix can be seen. A small soft brush will be used to gently collect some cells from the surface of your cervix. Some women find the procedure a bit uncomfortable or embarrassing, but for most women it's not painful. If you find the test painful, tell the doctor or nurse, because they may be able to reduce your discomfort. Try to relax as much as possible, because being tense makes the test more difficult to carry out. Taking slow, deep breaths will help.

The cell sample is then sent off to a laboratory for analysis and you should receive the result within two weeks

Finding out more about Cervical Screening



Jo's Cervical Cancer Trust is a UK based charity that offers support and information on the benefits of Cervical Cancer Screening

<https://www.jostrust.org.uk/>