

You have the
Power!

NHS
Cervical
Screening
Invite



Going for a Cervical Screening

Take the lead in your own health care



**You have the
Power!**



This booklet is about going for a cervical screening so you can live a long, healthy life.

Looking after your health helps you feel happy and strong and means you are less likely to get ill.

You have the power!



Pictures

In this booklet we show pictures of naked bodies and private parts.

We know this can sometimes make people feel a bit embarrassed or uncomfortable.

It is important to show pictures to help people understand our different body parts.



Sometimes people with a learning disability and autistic people don't get the same good health care as everyone else.



Going for your screenings helps you take the lead in your own health care.

Going for a Cervical Screening



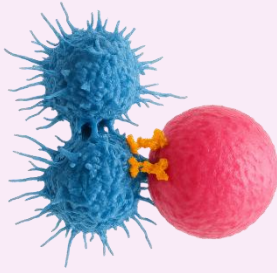
At the age of 25 some people will get a letter inviting them to a Cervical Screening. This is sometimes called a Smear Test.



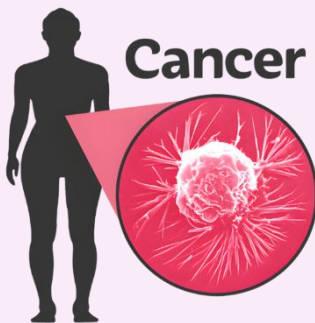
The cervix is inside your body at the top of your vagina.



This screening is for women and other people with a cervix.



It checks for a virus called HPV. HPV stands for human papillomavirus. There are lots of types of HPV.



Sometimes the HPV virus does not cause any problems. But sometimes it can cause cancer.

Cancer is where the tiny cells inside our body go wrong, and they can grow and spread.



Having your cervical screening is very important. You should have this test **every 5 years**. You have this even if you feel very well.



How do you know when to go for a cervical screening?

Women who are aged over 25 will get a letter inviting them for a screening.



Or if you use the NHS app on your phone it will send you a message.

Make an appointment for a time that suits you. It is best to do this for a day when you are not on your period.

What if I do not have an invite?

If you are older than 25 and think you need a screening, you can contact your doctor and ask about this.



And remember – you can tell them about your needs or reasonable adjustments.



Such as taking someone with you. Or asking for an afternoon appointment.

Once you have had your first screening you will be asked to go again every five years.





Where will this happen?

Most people go for their cervical screening at their local doctors.

It will be done by a female nurse or doctor.

It will be in a private room.



Hello, I'm
Rose

What happens at the screening?

The nurse will be kind and tell you what to do.

She will ask for your name and date of birth.

You can ask questions if you need anything explaining.

The nurse will show you the private space that has a bed and curtain.





Have a bath or shower on the day of your appointment, so you feel clean and comfortable.



The nurse will ask you to take your knickers off.

You might find it easier to wear a dress or skirt, so you can lift this up instead of taking lots of clothes off.



She will ask you to lie down on a bed and bend your knees. You will open your legs so your knees are wide apart.

The nurse tells you how to get everything in the right place. She will help you.



This is a picture of a speculum.

The nurse will put part of the speculum inside your vagina so she can see your cervix inside your body.



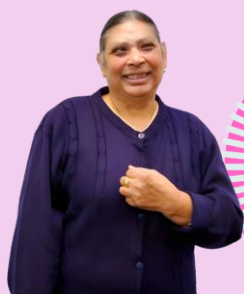
The nurse will put a type of gel on the speculum called lubricant. This helps it slide into your vagina more easily.



This is the part that goes inside – it can open and close like a bird's beak.



She will then put a small brush inside and touch your cervix. This takes a few cells from inside your body.



This can be uncomfortable, but it is very quick. This part will normally take less than 2 minutes.



Remember – you can ask to stop the test at any time.



The whole appointment usually takes less than 10 minutes. Then you can get dressed and go home.

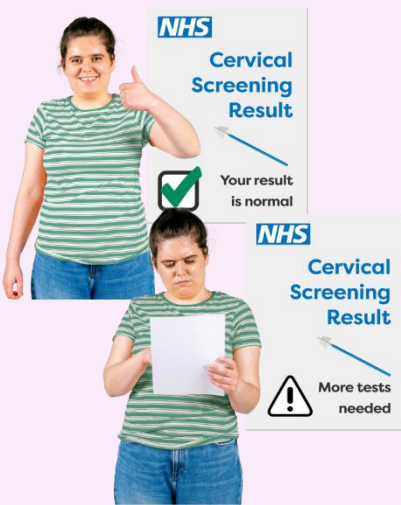
After the screening



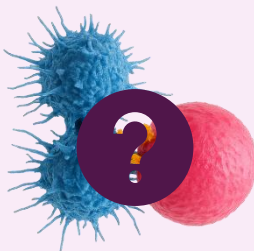
You will get a letter or telephone call that tells you what they saw in the test.

This will be between 2 and 6 weeks after the screening.

The letter or phone call will tell you if everything looks normal or if you need some more tests.



If you are told to go for more tests, try not to worry. Sometimes they need to do another screening because the results were not clear enough.



And sometimes they see signs of changes and want to do more tests.

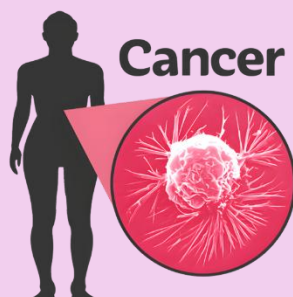


What if I need to have more tests?

Someone will talk to you about what happens next. It is important that you have these tests.

Sometimes the test shows cells are changing.

If this happens the doctors might ask you to go for regular cervical screenings to keep checking the cells.



Sadly, some people get cancer. If you find out you have cancer it is good to find it early before it grows big.

Then the doctors can give you treatment.



It is important to get help straight away. Finding cancer early means you have a better chance of getting well again.



Remember - check your body

Keep checking your own body.

You are the best person to check your own body and you know what is normal for you.



If you notice anything different, or have pain, make an appointment and tell your doctor.

You should go to the doctor if you notice these changes:

- Bleeding from your vagina when it is not your period
- Pain or bleeding when you have sex, or after you have sex
- Other fluids that come from your vagina that are not normal for you





Things to Remember

We can all live a healthy lifestyle by:



Eating healthy food and drinking water



Not having too much alcohol



Trying not to smoke or vape



Getting plenty of exercise



Protecting our skin with sunscreen



Checking our own bodies



Going for health checks



Having fun and doing hobbies that make us happy



You have the power to check your own body and live well for longer!



Other information

If you want more information about things we have talked about in this booklet, here are some links to click.



NHS video – [Cervical Cancer Screening](#)



West Yorkshire Health and Care Partnership –
[Cervical screening video with British Sign Language](#)

Macmillan Easy Read - [Cervical Screening \(Smear Test\)](#)



This booklet was made by a group of autistic people and people with learning disabilities in West Yorkshire in 2025.



We did this with **Inclusion North** and people who work in health care.

West Yorkshire
Health and Care Partnership

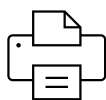


It was supported by **West Yorkshire Health and Care Partnership**.



We have made other booklets and videos that help us take the power and look after our health. Go to this website link:

www.inclusionnorth.org



What helps you?

Print this page to make a list of your **reasonable adjustments**. These are things that help you feel comfortable.

Use this when you have appointments such as doctors, hospitals and dentists.

I need...

☐

To bring someone with me

☐

Easy words

☐

Don't rush me

☐

A quiet waiting room

☐

A longer appointment

☐

A morning appointment

☐

An afternoon appointment

Write your own list here
