

Have you had your Cervical Screening?

What is HPV?

Does having HPV mean I have Cancer?

Are you testing for Cancerous cells?

**This leaflet should answer all of these questions for you.
Informed choice is vital when it comes to Screening.**



What are we testing for and why?

Cervical Screening is actually testing for the presence of HPV (human papillomavirus).

“HPV can be passed on through close skin to skin contact, usually during sexual activity.

Around 14 types of HPV are considered high risk for cervical cancer. Two of these types (HPV 16 and HPV 18) cause about 70 out of 100 (70%) of all cervical cancer cases.

In most people, the immune system clears about half of HPV infections within 6 to 12 months. But sometimes this doesn't happen. If you have a long lasting (persistent) infection with a high risk type of HPV, you are more at risk of developing cervical cancer.”

<https://www.cancerresearchuk.org/about-cancer/cervical-cancer/risks-causes>

How can I prepare myself?

- Take some pain relief about half an hour before your cervical screening. This will help relax you a little.
- Wear comfortable, appropriate clothing. Although, you will need to remove your bottom half and underwear. It's important to keep as much dignity as possible for yourself.
- You can have a chaperone present, feel free to ask, although you should always be offered this by the clinician. A chaperone is someone trained to be present for intimate procedures or examinations. They are your advocate throughout the examination and can be your voice if you are feeling anxious or wish for anything to stop.
- You can stop the procedure at any point if you are not comfortable. Just tell the clinician you need to STOP and ask anything you need to. Your chaperone can also help with this.
- You can ask questions about your cervical screening at any time throughout your appointment.
- Wear a panty liner to your appointment.
- Bring a friend or relative with you for support.

You can find more information about the NHS testing here:

<https://www.nhs.uk/tests-and-treatments/cervical-screening/>

What's it all about?

- Understanding how long results usually take can put your mind at rest. On average, results take 2 weeks. Check with your clinician if you're not sure, before you leave your appointment.
- All women aged 25 to 64 are routinely invited to cervical screening to check the health of their cervix. Cervical screening used to be called a smear test.
- Everyone with a cervix should go for cervical screening.
- If you're a trans man or non-binary and have a cervix, you can speak to your GP, sexual health clinic or transgender health clinic about getting invitations routinely.
- It's not a test for cancer, it's a test to help prevent cancer.
- During the screening appointment, a small sample of cells will be taken from your cervix.
- The sample is checked for certain types of human papillomavirus (HPV) that can cause changes to the cells of your cervix. These are called "high risk" types of HPV.
- If these types of HPV are not found, you do not need any further tests.
- If these types of HPV are found, the sample is checked for any changes in the cells of your cervix. These can be treated before they get a chance to turn into cervical cancer.

Cervical Cancer Awareness



What do you know about the signs of Cervical Cancer?

Be Cervical Cancer Aware
Are you showing any of these common symptoms of suspected cervical cancer?

 Unusual vaginal bleeding	 Pain & discomfort during sex	 Unpleasant smelling vaginal discharge
 Leg pain	 Pelvic pain	 Bleeding after menopause
 Weight loss	 Constant fatigue	

0800 085 6663
www.check4cancer.com

**CHECK4CANCER**
It could save your life

If you have any of the symptoms above and are concerned that you could have Cancer, please inform your clinician when attending your appointment.

Appointments for Cervical Screening are available at your Practice. Simply call your Practice and request a cervical screening appointment.

We are here to support you...

Berkeley Vale Primary Care Network is made up of 4 GP Practices;

- **The Chipping Surgery**
- **Cam & Uley Family Practice**
- **Culverhay Surgery**
- **May Lane Surgery**

Our aim is to offer informed choice and clinical specialism wherever possible, especially when it comes to Cancer.

We encourage feedback from our patients as to how we can make these appointments more accessible and appropriate for all our patients.

Please complete a patient feedback form available in all practice waiting rooms & on our websites if you have suggestions.

