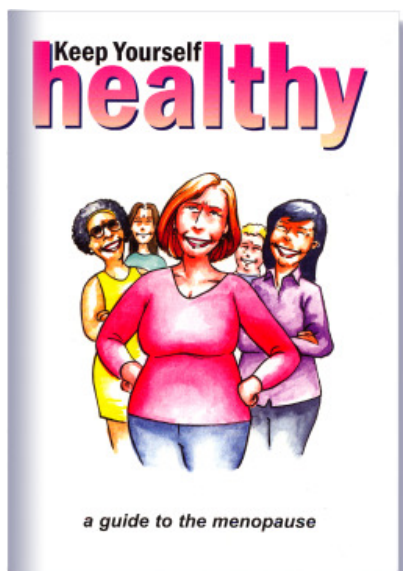
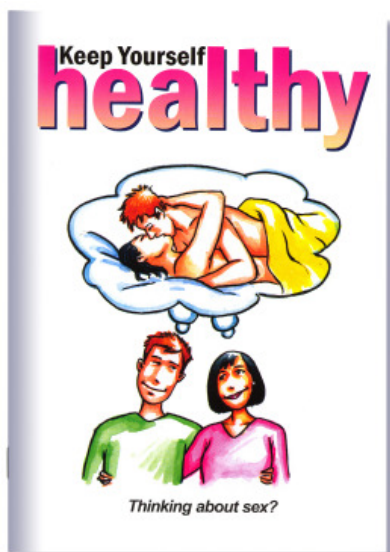
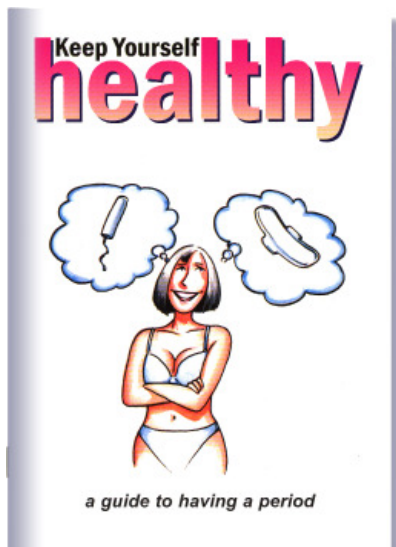
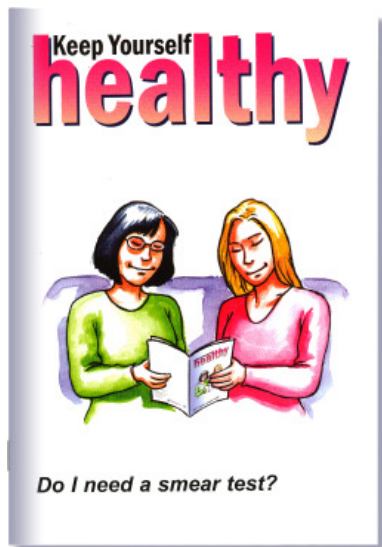


Keep Yourself **healthy**



a guide to having a smear test

Also available:



You can discover the full range of our products at:

www.fairadvice.org.uk

This booklet tells you about having a smear test.

Women from 25 to 64 years old are asked to have a smear test.



25 years old

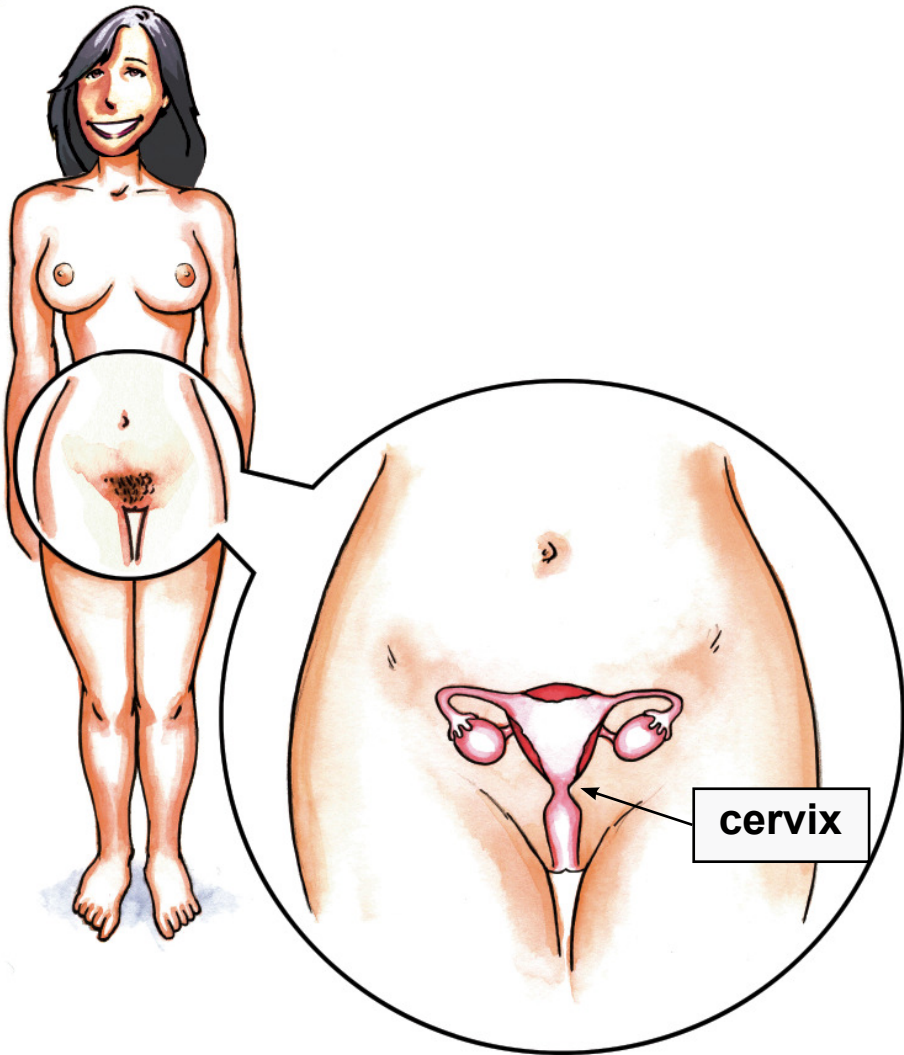


64 years old

This is to help keep women healthy.

What is a smear test?

A smear test is a check to make sure your cervix is healthy. Your cervix is inside your vagina.



How are you invited for your smear test?

Your doctor will send you a letter asking you to make an appointment for your smear test.



Sometimes your doctor or nurse may talk to you about having a smear test.

Making an appointment for your smear test.

You can choose to make your appointment at your doctor's.



Or you can choose to make an appointment at a family planning clinic.

A family planning clinic helps women to keep healthy.

It's important to tell them it's for a smear test.

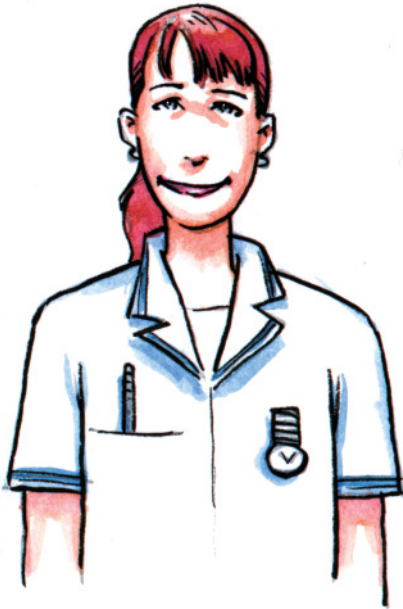
When do I go for a smear test?



You cannot have your smear test when you are having your period. You can go for your smear test any other time.

Having your smear test

The smear test will be done by a nurse or doctor.



You can ask for a female nurse or doctor to do the smear test. You can choose to have a friend with you when you have your smear test.

You will go into the nurse or doctor's room. This is private. The doctor or nurse will ask you some questions about your health. Then they will ask you to take off your pants and lie on a couch.



Tell them if you are worried. The nurse or doctor will talk to you and help you relax.

**The nurse or doctor will use a tube with a handle.
This is called a speculum.**



**The nurse or doctor will use a speculum to look inside
your vagina.**

The nurse or doctor gently touches your cervix with a small brush.



This may be embarrassing. This may be uncomfortable. The nurse or doctor will try to help you relax.

What happens next?

After a few weeks you will get a letter to tell you the result of your smear test. Ask for help to read the letter if you need it.



You can speak to your doctor or nurse about the result of your smear test. If your test is OK, you'll be asked to have another test in three to five years.

What else might the letter tell you?

Sometimes the test doesn't work. The smear test will need to be done again. Make another appointment for your smear test.



Sometimes the test shows something is wrong with your cervix. Your doctor will tell you what happens next.

If you're worried, talk to someone.

Where can you get more information about smear tests?



You can get more information from:

- **Your doctor**
- **Your nurse**
- **Your community nurse**
- **The doctor or nurse at the family planning clinic.
You can find their number in the phone book.**



FAiR in association with Community Nurses for People with Learning Disabilities,
Lothian Primary Care NHS Trust.

This work was made possible with support from the Big Lottery Fund and in consultation with women with learning disabilities, including Edinburgh People 1st Women's Group through the work of the Healthy Woman's Project.

For further copies contact FAiR
Phone 0131 662 1962
Email multimedia@fairadvice.org.uk
Website www.fairadvice.org.uk

Design & Illustration: Paul Mudie, FAiR Ltd

© FAiR and NHS Health Scotland, 2011

