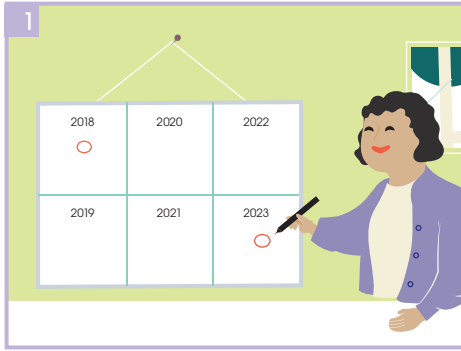
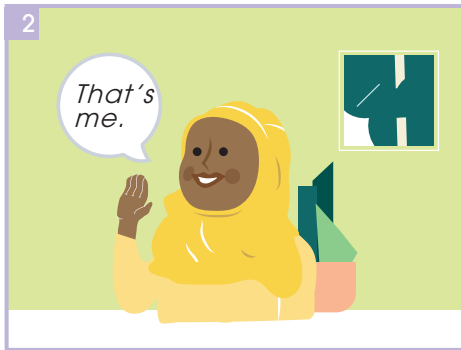


# Have a Cervical Screening Test every 5 years

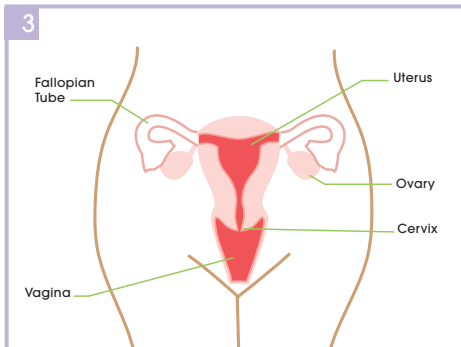




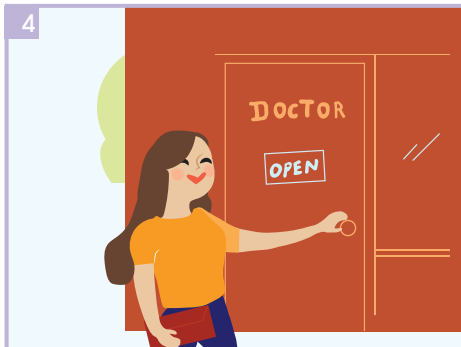
Have a cervical screening test every five years.



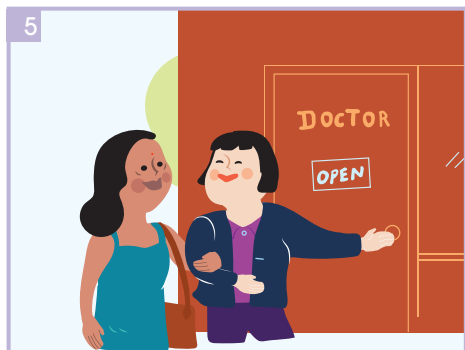
If you are aged 25-74, and have ever been sexually active, you need to have a Cervical Screening Test.



The Cervical Screening Test checks the health of your cervix. Your cervix is inside your vagina. It is the opening of your womb/uterus.



You need to go to a doctor or a nurse to have a Cervical Screening Test.



You may choose to go with a support person.



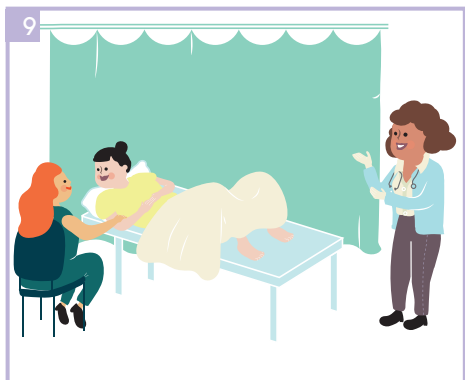
You will need to sit in the waiting room until the doctor is ready.



The doctor will talk to you about the Cervical Screening Test.



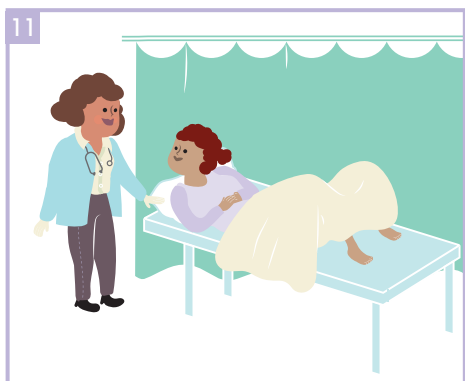
You may feel a bit nervous or shy.



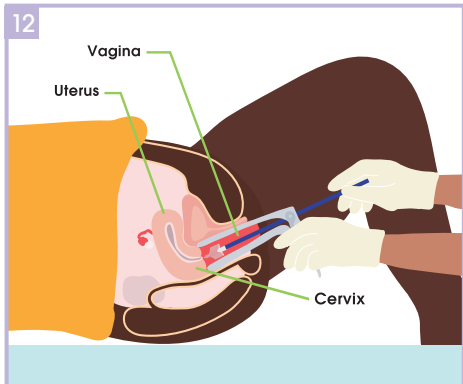
Your support person can stay with you if you prefer. You will need to lie down on the bed with your underwear off. You will be given a sheet to cover yourself from the waist down.



Your doctor will need to look inside your body using an instrument called a speculum. The doctor may use a gel to make it easier to insert.



It is important to try and breathe in and out, and relax the muscles in the pelvic area. You can stop the test at any time if you feel too uncomfortable.

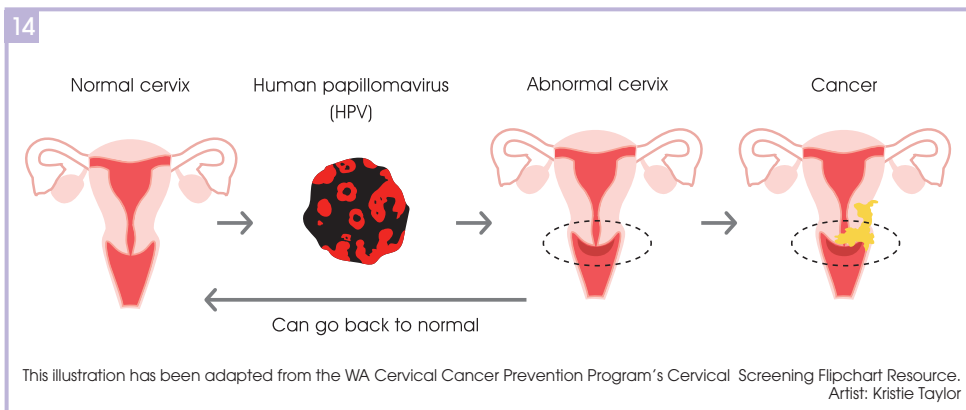


Your doctor will use the speculum to gently open the vagina. This picture shows what is happening.

Your doctor will use a small brush to gently rub some of the cells from your cervix.



These cells are put into a small container of liquid and sent away for testing.



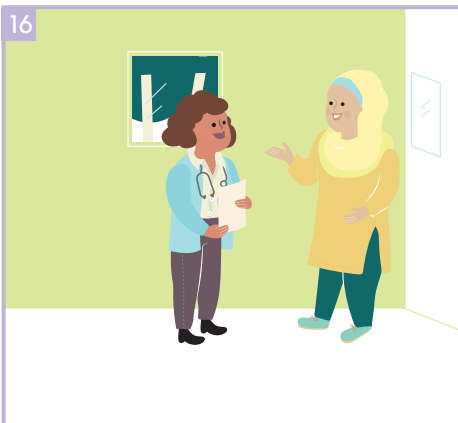
Our body is made up of cells. The HPV virus can make the cells in your cervix change from healthy to unhealthy. Regular cervical screening tests check for the HPV virus and can make sure that your cervix cells stay healthy.

15



You may need an interpreter to assist you with English language, or a worker or a family member to support you. Your doctor will let you know the results of your test, or you can ask her when you visit her next.

16



If the test shows that you have the HPV virus, and/or that your cervix cells are unhealthy, your doctor will tell you what you need to do.

17



Well done!  
You've looked after your own health.

**Copyright Government of SA**

You may download, display, print and reproduce this material in this publication in unaltered format for work, study, or training purposes subject to the inclusion of an acknowledgement of the source and reference to the title of the publication.

Not for commercial use or sale. Apart from any use as permitted under the Copyright Act 1968, all other rights are reserved.

**Disclaimer**

This publication is a guide only and is not intended as professional advice. Readers are encouraged to seek appropriate professional advice before relying upon any of the material contained in it. While care has been taken to ensure the material contained in this publication is up-to-date at the time of printing, the SA Cervix Screening Program, SA Health, accepts no responsibility for the accuracy or completeness of the material in the publication and expressly disclaims all liability for any loss or damage arising from reliance upon any information contained within it.

## **Where do I go for a Cervical Screening Test?**

- Your Doctor
- Some GP Plus Health Care Centres
- SHINE SA Clinics
- Women's Health Centres
- Primary Health Care Services

## **Useful Links:**

<http://www.hpvvaccine.org.au/>

[www.cancerscreening.gov.au/cervical/resources](http://www.cancerscreening.gov.au/cervical/resources)

## **National Cervical Screening Registry:**

1800 627 701

## **For more information contact:**

SA Cervix Screening Program

PO Box 6, Rundle Mall, Adelaide SA 5000

Email: [healthcervixscreening@sa.gov.au](mailto:healthcervixscreening@sa.gov.au)

[www.sahealth.sa.gov.au/cervicalscreening](http://www.sahealth.sa.gov.au/cervicalscreening)

## **Interpreting and Translating Services:**

13 14 50



<https://creativecommons.org/licenses>

FIS: 18016.13. May 2019