

Keep Yourself **healthy**

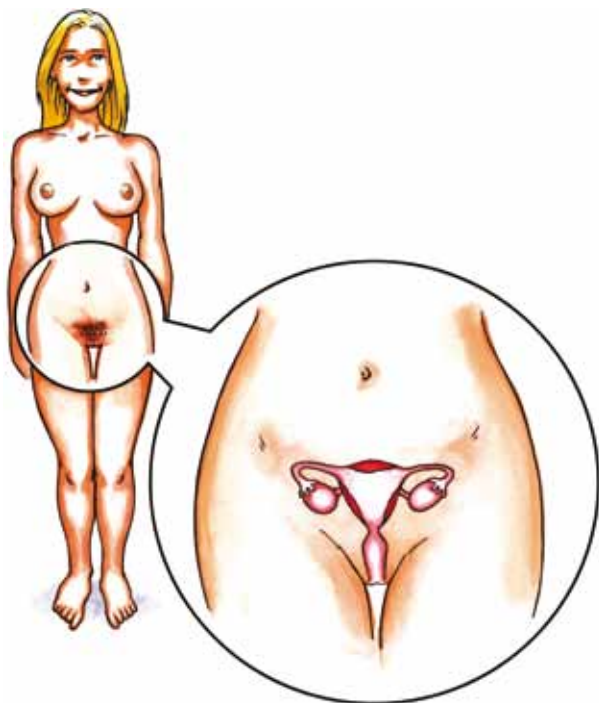


Do I need a smear test?

This booklet will help you choose if you need a smear test.

What is a smear test?

A smear test is a way of looking for changes in your cervix. Your cervix is inside your vagina. Your vagina is between your legs



Some of these changes in your cervix may become cancer. This is called cervical cancer.

Doctors can stop you getting cervical cancer if they find these changes. They can find these changes from a smear test.

Who is asked to go for a smear test?

Women from 20-60 years old are asked to go for a smear test.



20 years old



60 years old

How do I choose if I need a smear test?

If you have had sex with a man or a woman you need to have a smear test.

Even if you are not having sex with anyone just now you still need a smear test.

Other words for sex that people use are *making love* and *intercourse*.



Should all women have a smear test?

If you have had a hysterectomy, you may not need a smear test.

A hysterectomy is an operation where all of your womb is taken out.

Ask your doctor if you need to have a smear test.



What will the smear test tell me?

For most women the smear test shows that their cervix is healthy.

For some women the smear test shows that they have changes in their cervix.



Women who have changes in their cervix may need treatment on their cervix.

Treatment on your cervix can stop you getting cervical cancer. Your doctor will tell you what happens next.

I'm not sure if I need a smear test

If you are still not sure you need a smear test you can talk to your doctor or nurse.

You can ask to speak to a female doctor or nurse.



You can talk to the doctor or nurse on your own, or you can take a friend or carer with you.

How often do I need a smear test?

You need to have a smear test every three years.



Don't forget!

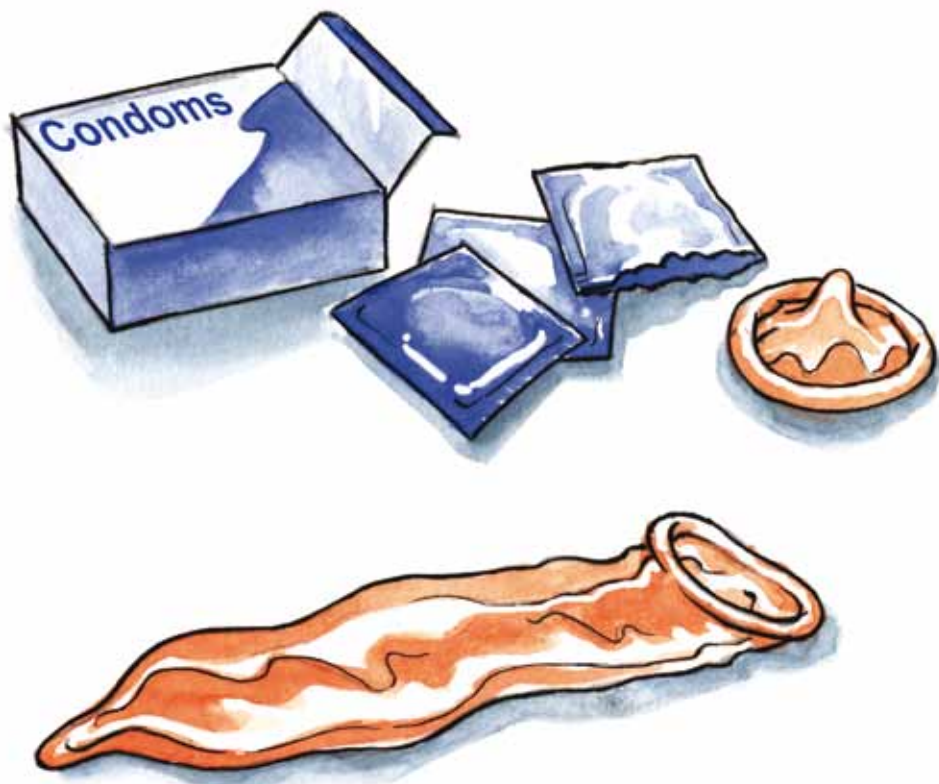
You must go to your doctor before your next smear test if you see blood or smelly stuff in your pants when it's NOT your period.



What can I do to keep my cervix healthy?

Using a condom when you are having sex helps to keep your cervix healthy.

A condom will help stop your cervix and vagina getting infections when you have sex.



To find out more about condoms talk to your doctor, nurse or carer.

Where can I find out more about smear tests?

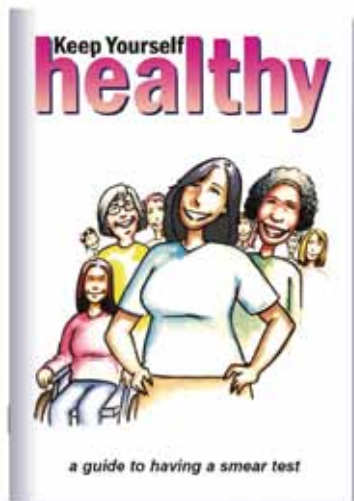


You can find out from:

- Your doctor
- Your nurse
- Your community nurse
- The doctor or nurse at the family planning clinic.
- The Help and Information Line is 0845 310 1334.

Where can I get leaflets about smear tests?

There is a leaflet that tells you about going for a smear test.



This is called *Keep Yourself Healthy: a guide to having a smear test*. You can get this on a CD.

You can get it from:

- Your doctor
- Your nurse
- Your community nurse
- The family planning clinic
- FAIR. Telephone number is 0131 662 1962
- Your local NHS Health Promotion Library and Resource Centre

What else can I do to keep healthy?



Eat well.



Stay fit.



Don't smoke.



Don't drink too much alcohol.

FAIR in association with Community Nurses for People with Learning Disabilities and Lothian NHS Cervical Smear Project. This work was made possible with support from the Big Lottery.

© Health Scotland, 2007.

Published by Health Scotland.

Edinburgh Office: Woodburn House, Canaan Lane, Edinburgh EH10 4SG

Glasgow Office: Clifton House, Clifton Place, Glasgow G3 7LS

ISBN: 1-84485-383-7

Health Scotland is a WHO Collaborating Centre for Health Promotion and Public Health Development.

Design: FAIR Multimedia

Illustration: Paul Mudie

Tel: 0131 662 1962

email: fair@fariadvice.org.uk

website: www.fairadvice.org.uk

