

Public Health




Cervical screening clinic


Information for you



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Public Health have set up a cervical screening clinic to support women who experience barriers within primary care settings and who would benefit from extra support when attending their cervical screen. The clinic is run by a female Healthcare professional who is very experienced in cervical screening and been trained in trauma-informed care. The appointment time will be longer than usual (30 minutes) to ensure you feel as comfortable as possible and allow you to ask questions.

Why is it important to attend your invite for a cervical screening (smear test) appointment?

A smear test could save your life!

Cervical screening is the best way to protect you against cervical cancer.

Who'll be screened?

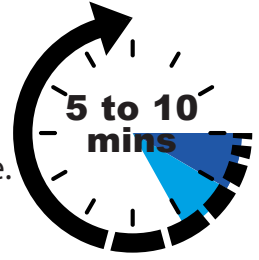
In Scotland, cervical screening (smear test) is routinely offered to women or anyone with a cervix between the ages of 25 and 64 every five years.

What happens on the day of your smear test?

We know that cervical screening isn't easy for everyone. We know you may find smear tests confusing or worrying but you are not alone if you feel this way. If you are finding it difficult to make a decision about whether to go, talk to your Healthcare professional.

On the day of your smear test you will be given a time of 30 minutes. A smear test is a quick test to look at a sample of cells from your cervix (neck of your womb). The Healthcare professional is checking for human papillomavirus (HPV) that can cause changes to the cells of your cervix.

The smear test will only take five to ten minutes. Everyone's experience can be different. Some may feel a slight discomfort, while for others it can be more uncomfortable. Tell your Healthcare professional if you experience pain as they can discuss some other options to help. You can stop the test at any time by telling the Healthcare professional.



You will be asked to lie on an examination bed.

The Healthcare professional will gently put a speculum which is a medical instrument into your vagina to hold it open, so they can see your cervix.



Speculum

They will then gently brush cells from the cervix using a soft brush.

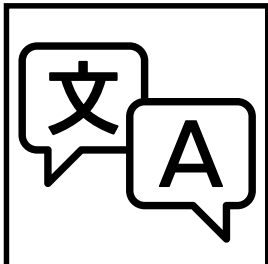
The clinic is held on the last Friday morning of each month at the Ayrshire Maternity Unit Crosshouse Hospital, within the Ayrshire Maternity Unit Women's Health Service – speak to your primary care team (GP) to arrange a referral.

For further information on cervical screening please visit

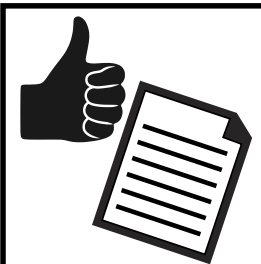
- [Jo's Trust: Jo's Cervical Cancer Trust](#)
- [My Body Back: Our cervical screening clinics](#)
- www.shayr.com

It's normal to feel anxious, especially at your first appointment. Don't let it put you off. Talk to your GP or nurse as they can help with any concerns, embarrassment or past experiences.

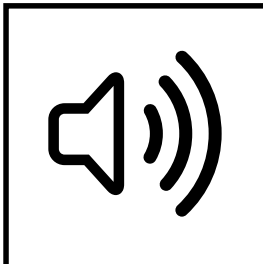
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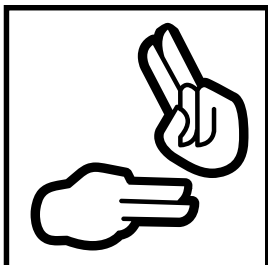
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Easy to read



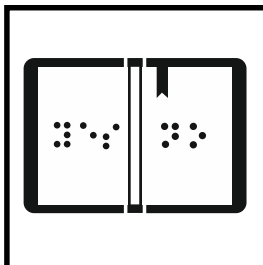
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