



TRAFFORD
COUNCIL

DON'T FEAR



YOUR SMEAR

A smear test only takes a few minutes, but that time could save your life

Every woman and person with a cervix aged 25 to 64 needs a regular smear test, so that any changes that could lead to cancer are detected and treated early

You can have your smear test with your nurse or GP. Take care of you - if you think you have missed a smear test or might be due a test, contact your GP today

For more information, please scan the QR code:



Or visit
[trafford.gov.uk/
cervicalscreening](https://trafford.gov.uk/cervicalscreening)

Is a cervical smear test painful?



For most people, tests are not painful. But if you are worried that you may find the test uncomfortable, remember you are in control and can ask to stop at any time. Take a podcast or music to listen to - this may help you relax or distract you.

I'm worried about my smear test appointment



Some people feel worried or embarrassed about attending their test. You can discuss any concerns with your nurse. If you want to make sure a woman carries out your test, you can ask for this when you make your appointment.

Why should I book my smear test?



Smear tests help prevent cervical cancer by checking for a virus called HPV which causes nearly all cervical cancers. It's important to get checked so any changes can be detected and treated early.

