



Cervical screening saves lives

To make your free NHS cervical screening experience as stress-free as possible

offers the following:

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Contact details

We will

- ✓ Take time to explain what happens at the appointment
- ✓ Ask if you have any questions or specific needs
- ✓ Make sure you feel respected and included
- ✓ Do everything we can to make it as comfortable as possible

You can

- ✓ Ask for a female to carry out the test
- ✓ Bring a friend for support
- ✓ Talk to the nurse about any worries before your test
- ✓ Ask for a longer appointment
- ✓ Ask for accessible information or help with the letter
- ✓ Bring music and headphones
- ✓ See the equipment beforehand