



Cervical screening saves lives





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

offers the following:










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