



Sometimes this letter will tell you that there are changes in your cervix. If your letter says this, it is important that you make an appointment to see the doctor.

If you need treatment the doctor will explain this to you.

Remember, it is important that you have your cervical smear test every 3 years.



You can get condoms free from Sexual Health Clinics or some GPs in Forth Valley. You can buy them from shops or pharmacies or order free condoms by post from this link

<https://www.freecondomscentral.co.uk>

Call the Clinic Information Line 01786 433697 or check the website for local clinic times.

www.centralexualhealth.org

Remember that it is your choice if you want to have sex or not. You should never have sex if you don't want to.

What you need to know about Smear Tests





The smear test is offered to all women in Scotland aged between 20 and 60.

A smear test reduces the risk of cancer of the cervix. The cervix is the entrance to the womb.

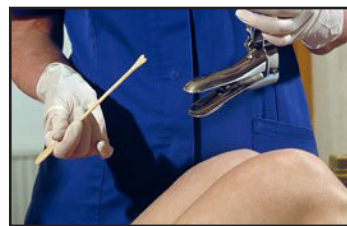


You will be asked to take off your trousers and underwear and lie on the examination table.

Tell the nurse or doctor if you are nervous. It is ok to feel like this. They will help you to relax.

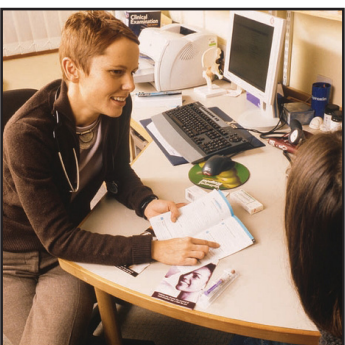


Your doctor will send you a letter every 3 years about this. The letter will tell you to phone and make an appointment.



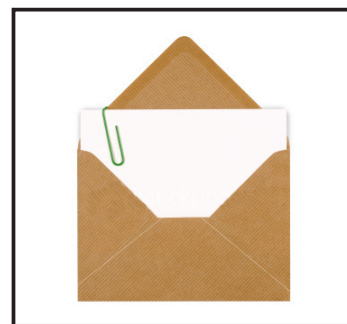
They will insert a speculum into your vagina.

They will take a small sample from your cervix. This may be uncomfortable but should not be sore.



The smear test will be carried out at the GP surgery. A doctor or nurse will carry out the test. It will only take a few minutes.

The only time you can't have a smear test is when you have your period.



This will be sent to the hospital to check for disease or infection.

After a few weeks you will get a letter from the doctor to tell you the results.