



Smear tests can be daunting whether it's your first or your 50th! Below is our handy guide of what to expect at your appointment & how to make it a bit easier if you're struggling.

THINGS YOU MIGHT BE ASKED:

- Family history
- Date of your last period
- If you're on contraception or hormonal medication

When you arrive at your appointment, the nurse will go over what a smear test is for and will ask you about your medical history. If you are nervous, let the nurse know what you are nervous about, they may be able to help you feel more comfortable. Then you will be asked to go behind the curtain to remove your clothes from your bottom half (keep your socks on) and lay on the bed and cover yourself up with a paper towel. The nurse will then join you behind the curtain and adjust the bed to a height that allows them to perform the test without hurting their back. The nurse will ask you to relax your legs and let them flop to the sides. It usually helps to take a few deep breaths and concentrate on relaxing your muscles. The nurse will then insert the speculum and have a look at your cervix to check that it looks healthy. They will then use a tiny brush to sweep over the cervix to collect some cells. These cells will later be sent to a laboratory to be examined. The nurse will then remove the speculum and go back to the other side of the curtain. They may leave you some wipes or tissues, if not, you can ask for them. Then you can get dressed and enjoy the rest of your day!

THINGS TO MAKE YOU MORE COMFY:

- Tell the nurse you are nervous
- Ask to insert the speculum yourself
- Ask the nurse to use lube and a smaller speculum
- Practice relaxing breathing techniques
- Take a friend or family member for support
- Have a big piece of cake afterwards

WHAT TO EXPECT AT YOUR SMEAR TEST