

Easy Read



Sgrinio Serfigol **Cymru**  
Cervical Screening **Wales**

# NHS Wales screening information for people who are transgender (trans) or non-binary



## About your cervical screening (smear) test



GIG  
CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales



[www.phw.nhs.wales/cervical-screening](http://www.phw.nhs.wales/cervical-screening)

# How to use this leaflet

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This is an Easy Read leaflet. The words are easy to read and understand. Words in **bold blue** writing may be hard to understand. Difficult words are in **bold** the first time they are used.



You may need help and support to read and understand this leaflet. Ask someone you know to help you.



This leaflet is available in Welsh.

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# What is this leaflet about?



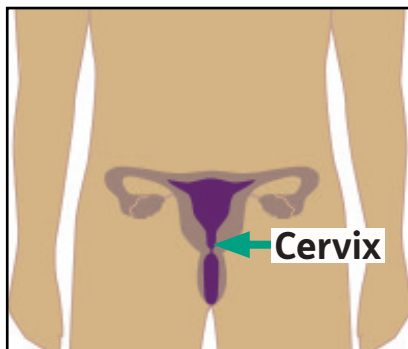
This leaflet is about having a **cervical screening** test if you are trans or non-binary and aged 25 to 64.

You may know this as a smear test.



It is important that you read this information. It will tell you who:

- will be invited for a smear test, and
- needs to have a smear test.

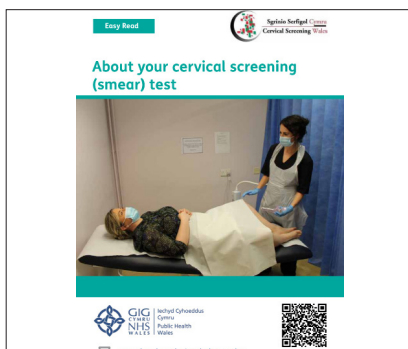


A smear test is for people with a cervix.

Anyone **assigned** female at birth will have a cervix, unless it has been removed.

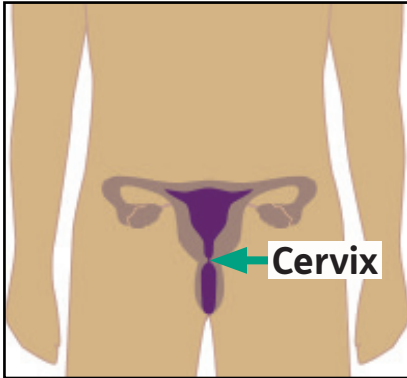


Going for a smear test is your choice.



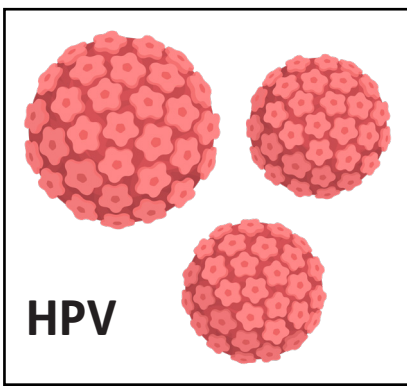
There is another Easy Read leaflet to tell you about this test.

# About cervical cancer and HPV



**Cervical cancer** is cancer of the **cervix**.

A cervix is inside the body at the top of the **vagina**.



Most cervical cancers happen because of a virus called **human papillomavirus**. It is also known as **HPV**.



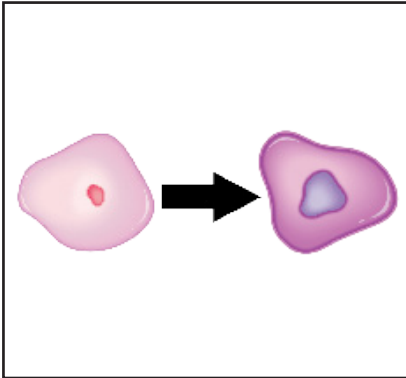
Most people will get HPV at some time in their lives.

You might not know if you have HPV.

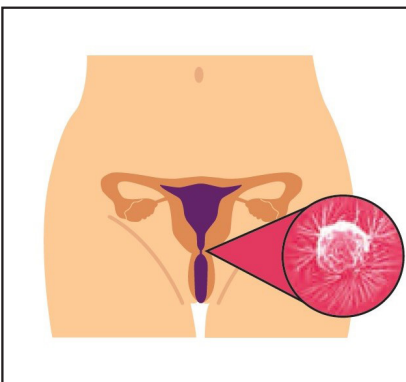


Most of the time your body will get rid of HPV by itself. This means you will not need **treatment**.

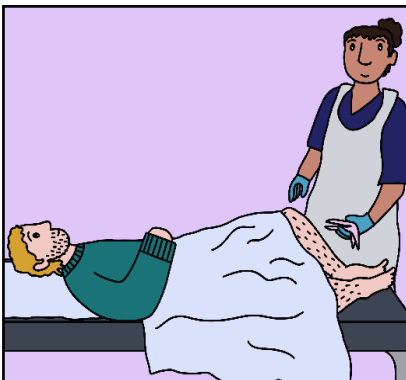




Some types of HPV are serious and can cause cells in your cervix to change.



If the cell changes are not treated, you can get cervical cancer.



You can find out if you have serious types of HPV by having a smear test.



The earlier we find cervical cancer, the easier it is to treat.

# Who will be invited for a smear test



You will be invited every 5 years if you are:

- registered with your doctor as female, and
- aged between 25 and 64.



You will be sent a letter in the post.



You can have your test at your doctor's surgery, or at some sexual health clinics.



Your letter will ask you to make an appointment for your smear test.

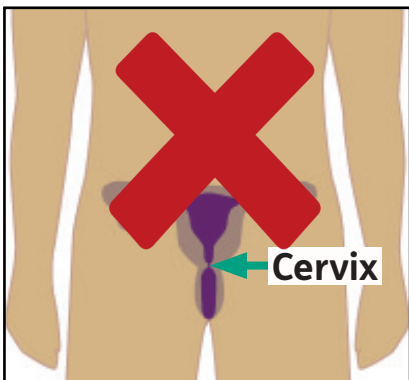
You can ask to go at the beginning or end of the clinic.



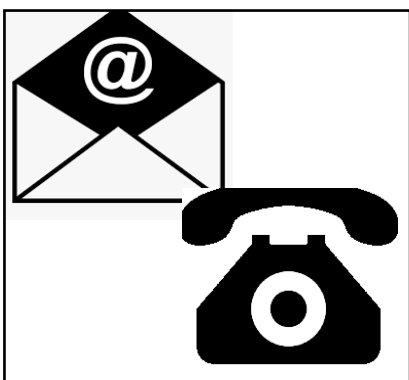
Let your doctor's surgery know if you cannot go for your smear test. They may be able to give your appointment to someone else.



People with a cervix, over 65 and never had a smear, can have one. Let your doctor know.



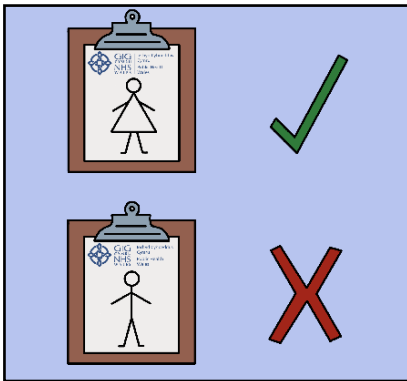
If you do not have a cervix, you do not need to go for a smear test.



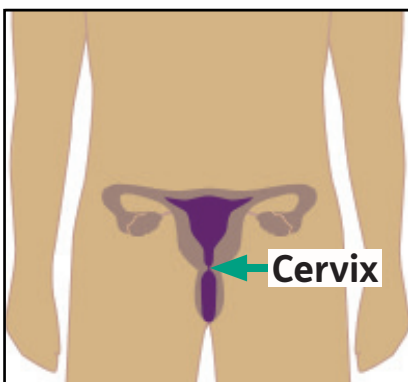
Let your doctor or Cervical Screening Wales know. They will not send you any more invitation letters.



# Who will not be invited for a smear test



If you are not registered with your doctor as female, you will not be invited.



It is important that people with a cervix, aged between 25 and 64, go for their smear test.



We can invite people with a cervix each time they are due.

You or your doctor will need to let us know.

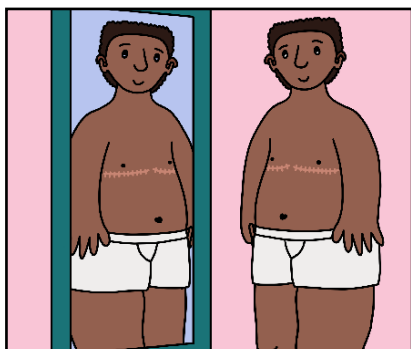


You can speak with your doctor or someone you trust to help you decide.

# Before your smear test



We know this can be a worrying time.



If you have been taking **hormone** medicine for some time, you will notice changes to your body and **genitals**.



You may feel scared or embarrassed about having a smear test.



Talk to your nurse, doctor or someone you trust about how you feel. They may be able to help.



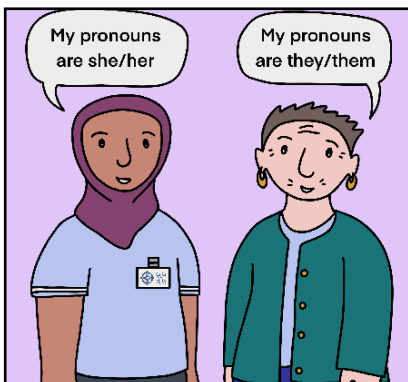
Before your appointment let us know if you need:

- support at your appointment
- a longer appointment, or
- to bring someone with you. For example a family member or carer.

# About your smear test

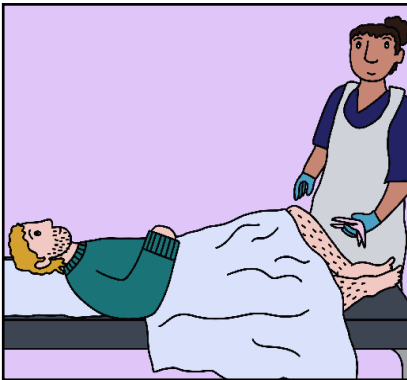


When you arrive a doctor or nurse will ask you some questions.



Let us know what **pronouns** you would like us to use.

It is important that we get this right.



You will need to take off your underwear and lie on the couch.

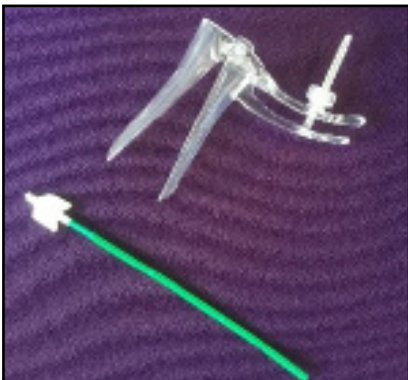
A smear test may be uncomfortable or painful.



This can happen if you have been taking hormone medicine for some time.

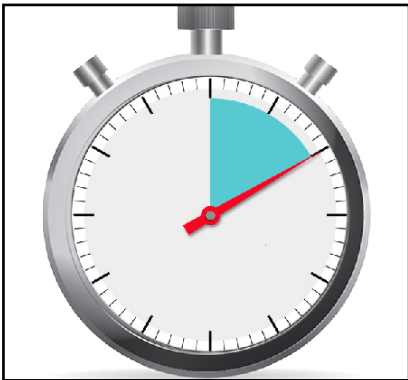


There are things your doctor or nurse can do to make it more comfortable.



Talk to them about:

- using a different size **medical instrument**
- using extra gel, and
- lying on your side to have the test.

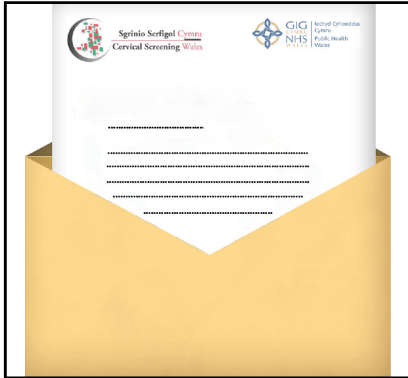


Having a smear test only takes a few minutes.



You can stop the test at any time.

# What happens next?



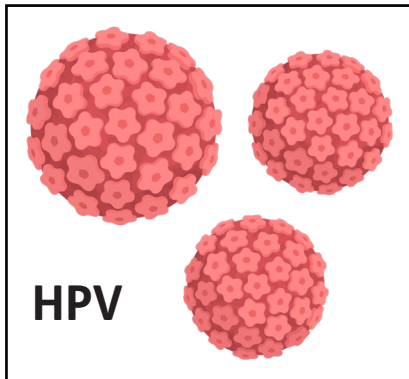
You will be sent a result letter in the post about 4 to 6 weeks after your test.



Most results show no serious types of HPV.



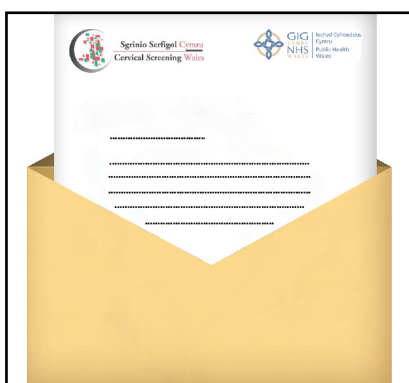
If you do not have HPV, you will be sent another invitation letter in 5 years time.



If you have HPV, the cells will be checked for changes.



If you have HPV but no cell changes, you will be invited for another smear test in 1 year.

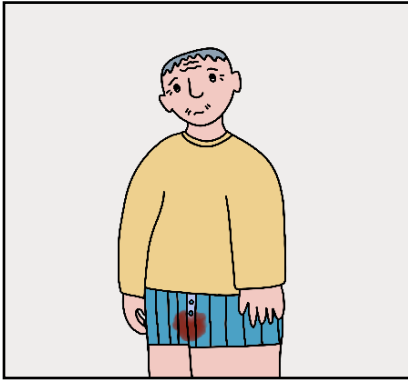


If you have HPV and cell changes, you will need further tests.

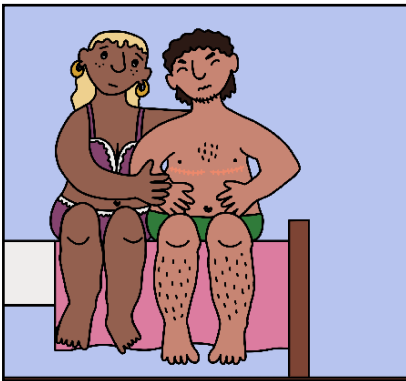
You will be sent a hospital appointment.



# Changes to look out for



Bleeding that is unusual for you.



Pain during or after having sex.



**Discharge** that is unusual for you.

Speak to someone at your doctor's surgery if you notice a change in your health.

Do not wait for your smear test.

# Where can I get more information?

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South East Wales

Phone: 029 2078 7910

E-mail: [south-cervical-screening@wales.nhs.uk](mailto:south-cervical-screening@wales.nhs.uk)

Mid and West Wales

Phone: 01792 940940

E-mail: [west-cervical-screening@wales.nhs.uk](mailto:west-cervical-screening@wales.nhs.uk)



North Wales

Phone: 01352 877899

E-mail: [north-cervical-screening@wales.nhs.uk](mailto:north-cervical-screening@wales.nhs.uk)



You can contact us in Welsh or English. It will take us the same amount of time to answer you whichever language you choose.



Website:

[phw.nhs.wales/screening-trans-information](http://phw.nhs.wales/screening-trans-information)

# Keeping healthy

Things you can do to look after yourself.



Go for screening when you are due.

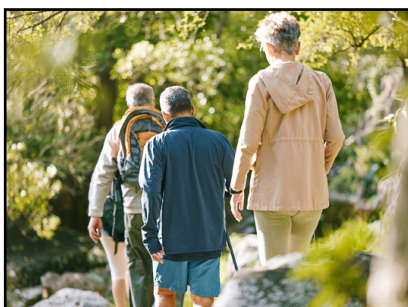


Stop smoking. You can get free help to support you to stop smoking.

Ring Help Me Quit on: 0800 085 2219.



Eat healthy food.



Move more.



Drink less alcohol.

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Stock and Flatboy