

## When will I get my results?



Your results should be posted to you and to your GP within 3-4 weeks.

Most people will have a negative result and will be told they don't need any further investigation. You will be sent a reminder to have your next screening test in three years if you are aged 25-49 and in five years if you are aged 50-65.

If your test results need further investigation, you will be referred to a specialist who will explain the next steps.

If your sample is unsatisfactory for testing, you may be asked to see the GP or nurse again and repeat the test.

## Do I still need a screening test if...



- \* I've had the HPV vaccine? ✓
- \* I'm in a same sex relationship? ✓
- \* I'm not sexually active? ✓
- \* I haven't had any new sexual partners recently? ✓
- \* I'm physically active and feeling perfectly healthy? ✓
- \* I don't have regular periods? ✓
- \* I've already gone through the menopause? ✓
- \* I've had a smear test before? ✓
- \* I'm under 25? ✗ You should wait to receive an invitation letter (unless you have unusual symptoms)

## What can I do to reduce my risk of cervical cancer?



Stop smoking. Women who smoke are about twice as likely as non-smokers to get cervical cancer.

**Quitline Tel: 233170 is available for support and help with quitting.**

Eat a healthy diet containing wholegrains like wholegrain bread and cereals, beans, pulses, and plenty of fruits and vegetables.

Be physically active as part of your everyday life.

Go for regular screening.

Use condoms during sex.

## Where can I get more information?

If you have any questions about this service you can ask your doctor or practice nurse.

Further information on cervical screening can be found at:

[www.gov.gg/screening](http://www.gov.gg/screening)

[www.cancerresearchuk.org/about-cancer/cervical-cancer](http://www.cancerresearchuk.org/about-cancer/cervical-cancer)

[www.jostrust.org.uk](http://www.jostrust.org.uk)

**Do take the chance to seek more information on cervical cancer and screening and how to protect yourself and women around you.**

Updated June 2018

For all women aged 25-65



# Cervical Screening

Everything you need to know



States of Guernsey  
Public Health Services

## What is cervical screening?



The Cervical Screening Programme now uses human papillomavirus (HPV) testing as a new cervical screening test. This test specifically looks for the presence of HPV.

HPV is a virus that is very common. It can infect the genital areas of both men and women.

It usually shows no signs or symptoms and goes away on its own so you won't even know you have it.

However, some types of HPV can cause abnormal cells in the cervix and sometimes these abnormalities can develop into cancer.

## Why is cervical screening a big deal?



Most women think that cervical cancer will not happen to them but do you know that cervical cancer is one of the more common cancers in the Bailiwick of Guernsey?

The good news is that cervical cancer can often be prevented through cervical screening, which can be done at your GP surgery or your local contraceptive or sexual health clinic (Choices or the Orchard Centre clinic).

## Will I be invited for screening?



**Cervical screening is offered to all women aged 25-65.**

You will automatically be invited every three years if you are aged 25-49 and every 5 years if aged 50-65.

A letter will be sent to you asking you to make an appointment.

If you have missed your appointment, contact your nurse or your GP straight away.

If you have any unusual symptoms such as bleeding between periods or after the menopause, pain/bleeding during sex or unpleasant vaginal discharge-contact your GP straight away.

## Should I still attend screening if I have had the HPV vaccine?



Yes, even if you have had the vaccine you could still get HPV as the vaccine does not protect you completely.

So it is still important to attend screening when you are invited.

**Remember cervical screening helps doctors to see what you cannot see.**

## What should I do once I get the invitation?



Contact your GP practice, Choices or the Orchard Centre to make your appointment.

If you have any questions or concerns, your GP or nurse will be able to answer any queries.

## What happens at my screening appointment?



The doctor or nurse collects cells from the cervix and sends them to the lab for analysis. It is a quick and simple procedure.

Most women consider the procedure to be only mildly uncomfortable and it takes just a few minutes.

Some women find the screening embarrassing but it's no more embarrassing than a bikini wax and could save your life!

