

# **Cervical Screening Top Tips!**

- **You can talk to your nurse or doctor about any worries.**
- **You can ask for the first appointment of the day.**
- **You can ask for a longer/double appointment.**
- **You can ask about evening or weekend appointments.**
- **You can take someone you trust with you (even if they are male).**
- **If you feel comfortable, wear something loose fitting (a skirt/dress can be kept on during the appointment).**
- **Remember that you are in control.**
- **If you feel in pain or uncomfortable, you can ask for a smaller speculum to be used.**
- **You can ask for an interpreter.**
- **Ask questions and reward yourself!**