

Betty has a Cervical Screening Test

A test for women aged 25 to 74 years old

This booklet is a story about the Cervical Screening Test.

The words and pictures in the booklet will help you learn about how to keep your body healthy.

The booklet has some hard words.

You can find the meaning of the words in bold in the glossary on page 18.



Betty gets a letter asking her to have a Cervical Screening Test.

Betty needs help reading the letter and asks her support worker Jean to explain.



Jean says the test is to check Betty's cervix to make sure it is healthy.

Jean explains the cervix is inside a woman's body at the top of the vagina.

Jean shows Betty a picture on the computer.



Betty makes an appointment with her doctor.

She is nervous and asks Jean to go with her.

The appointment is made for next week.



Betty and Jean arrive at the doctor's clinic.

Betty lets the receptionist know she is there to see Doctor Amy.

Betty and Jean sit in the waiting room for their turn.



Doctor Amy calls Betty's name.

She is now ready to see Betty.

Betty asks Jean to come into the room with her as she is feeling nervous.



Betty tells Doctor Amy that she has received a letter telling her that she needs to have a Cervical Screening Test.

Betty gives Doctor Amy the letter.

Doctor Amy reads the letter and checks her computer.

Doctor Amy says it is time to have the test.



Doctor Amy asks Betty if she would like to have the test today. Betty says "yes".

Betty says she would like Jean to stay as she is feeling nervous.

Doctor Amy says that is okay.



Doctor Amy shows Betty the speculum she will use during the test.

Doctor Amy asks Betty if she is ready for the test. Betty says "yes".



Doctor Amy asks Betty to take off her underpants and get up onto the bed.

She gives Betty a sheet to cover herself.

Doctor Amy asks Betty to bend her knees and move her legs apart.



Doctor Amy turns on a bright light and places the light between Betty's legs.

Doctor Amy gently puts the speculum inside Betty's vagina.

She tells Betty that she is now doing the test.

Doctor Amy asks if Betty is okay.

Betty says that it is a little uncomfortable but does not hurt.



Doctor Amy tells Betty that the test is done. Betty gets off the bed. She puts on her underpants and gets dressed.



Doctor Amy tells Betty that the test will be sent to the laboratory.

She will get a letter with her results in a few weeks.

Betty and Jean say good bye to Doctor Amy and leave the clinic.



Two weeks later Betty gets a letter to say that the test is normal. This means that her cervix is healthy. Betty is glad she did the test.

If you get a letter that says you have unusual results you might need to do another test called a colposcopy.

Your doctor will discuss the unusual results with you and explain any extra tests you may need.

# EXTRA NOTES

- If your test result is normal, you will need to do the test again in five years.
- If you notice any unusual bleeding from your vagina, see your doctor straight away.
- The Cervical Screening Test might be a bit uncomfortable but it should not hurt.
- You can choose which doctor or nurse you want to do your Cervical Screening Test.
- You can ask for a female doctor or nurse if you would like.
- You can ask questions if you are unsure or confused about the Cervical Screening Test.
- Tell your doctor or nurse if you are feeling worried or scared.

- Tell your doctor or nurse straight away if you want to stop the test.
- You can say "stop" at any time during your test if you want to.
  - The doctor or nurse must then stop.
- It is best to have a Cervical Screening Test when you are not having your period.
- Wear comfortable clothes that you can take off easily. Some people find it easier to wear a skirt or a dress.
- The Cervical Screening Test is private.
   If you want to you can talk about it to a trusted person like your family, friends or support worker.

# Easy English Cervical Screening Glossary

# CERVICAL SCREENING TEST

A quick and simple test to check that your cervix is healthy.

#### **CERVIX**

The cervix is inside a woman's body at the top of the vagina. The cervix connects the vagina to the uterus (womb).

## **COLPOSCOPY**

A colposcopy is a test where a doctor uses a special instrument to have a closer look at your cervix.

### **LABORATORY**

A place where medical tests are processed.

#### **SPECULUM**

A speculum is used during a Cervical Screening Test. It is used to open the vagina so that the doctor or nurse can see the cervix.

#### **VAGINA**

A woman's private body part. Blood comes out of the vagina during a woman's period. A woman can have sex with her vagina. If a woman is having a baby, the baby will often come out of the vagina when it is being born.

We would like to thank and acknowledge Family Planning NSW for permission to adapt this resource for use in Victoria. Family Planning NSW has a series of resources on cancer screening for people with intellectual disability. You can find the other resources in this series on their website www.fpnsw.org.au/justchecking

### **About Cancer Council Victoria**

Cancer Council Victoria is a non-profit cancer charity organisation involved in cancer research, patient support, cancer prevention and advocacy.

Cancer Council Victoria is committed to recognising and supporting the rights of people with disability to live full and meaningful lives.

To find a Cervical Screening Test provider near you visit www.cancervic.org.au/cervical-screening-test/where.asp

or talk to your doctor.

For more information please visit www.cancer.org.au/cervicalscreening

Call 13 11 20 for cancer information and support.



If you would like to speak to someone in your own language, please call 13 14 50 and ask to speak to Cancer Council Victoria.