



National
Cervical
Screening
Programme

Cervical Screening



Your test, your choice

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Before you start



Some of the information in this document may make people:

- upset
- worried.



This information is not meant to scare anyone.

If you are worried you can talk to your:



- whānau / family
- friends
- doctor.

What you will find in here

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What this document is about

This document is from:

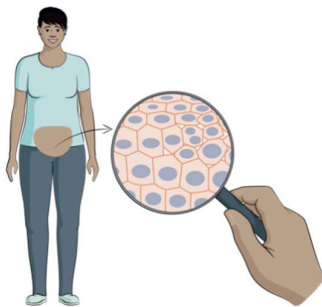
Health New Zealand
Te Whatu Ora



National
Cervical
Screening
Programme

- Health New Zealand | Te Whatu Ora
- National Cervical Screening Programme.

It is about **cervical cancer screening**.



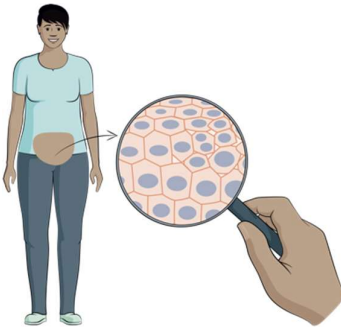
Screening is a test to find people who have a higher chance of getting **cancer**.



Cancer is a disease that can make people very sick.

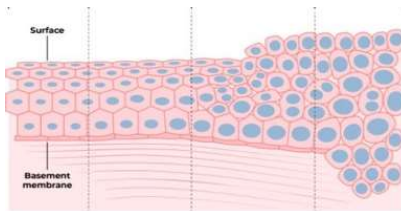


Sometimes cancer can make people so sick they die.

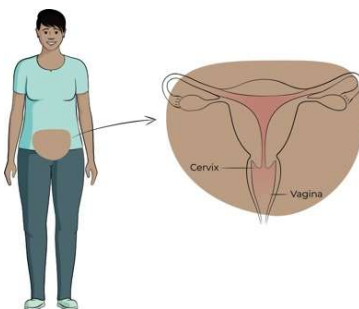


Your body is made of lots of tiny pieces called cells.

Sometimes these cells can go wrong.

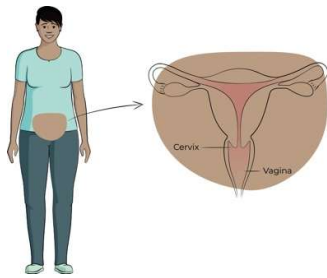
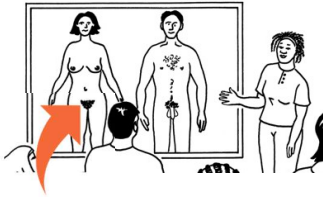


Cancer starts when cells grow out of control.



Cervical cancer is cancer that happens in your **cervix**.

The **cervix** is inside your body at the top of your **vagina**.



People use different words for their **vagina** like:

- front bottom
- fanny
- down below
- private parts.

The vagina is the part that is inside your body.

Who needs cervical screening?

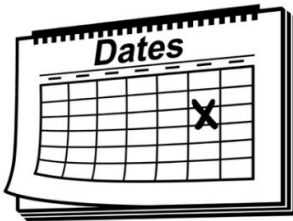


You should get screened for cervical cancer if you are a woman / person with a cervix who:

- is from 25 to 69 years old
- has ever had sex with another person.



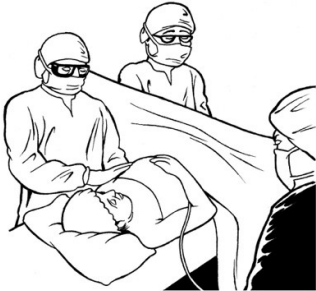
Most people should get screened every 5 years.



Some people need to get screened more often.



If you have had a **hysterectomy** you should ask your doctor if you need to do screening.



A **hysterectomy** is an operation to take out your **uterus**.

A hysterectomy might take out your cervix too.



Uterus is the part of the body where a baby will grow if you are pregnant.

It is also called the **womb**.



You can get screened when you have your period if you are not bleeding very much.

If there is a lot of blood it could stop the test from working well.



It is safe to get screened when you are pregnant.

Where to go for screening



You can get a test from:

- your doctor / GP
- a community health centre for:



- Māori
- Pacific
- women



- family planning clinics
- sexual health services
- outreach services like:



- marae
- mobile units.



You might also be able to get a test kit to do at home.



You can take a support person to your test.

When you book your test you should say if you:



- need support because you are disabled
- need an **interpreter**.

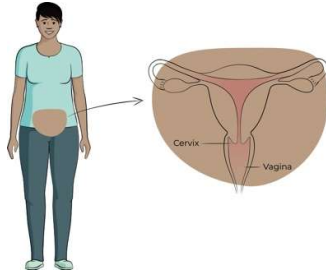


Interpreter is someone who supports people who do not speak the same language to understand each other.

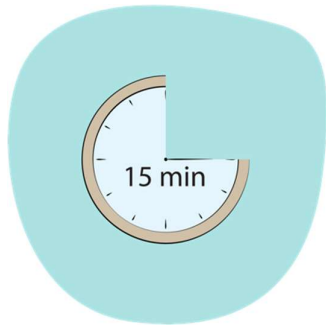


This can also include a New Zealand Sign Language interpreter.

Your choices



There is a new sort of test for cervical screening.



The new test is:

- quick
- easy.



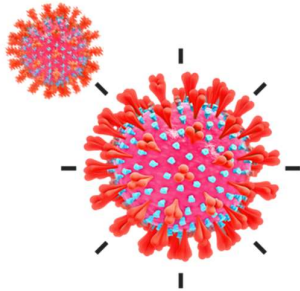
Some people may need to have another sort of test called a cervical sample.



You can choose to have a cervical sample if you want.

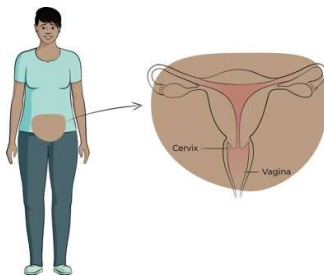


The new test looks for **HPV**.



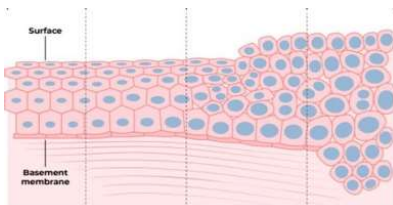
HPV is a virus that you can catch from other people.

It is also called **human papillomavirus**.



Most cervical cancer is caused by HPV.

HPV can change the cells in your cervix.



Those cells can go on to become cancer.



Screening for HPV can stop you getting cervical cancer.

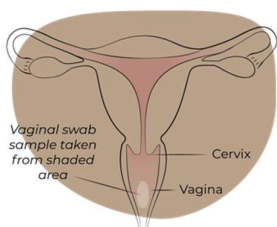
Choice 1 – vaginal swab



The new test is a **vaginal swab**.



A **swab** is a thin stick with a soft bit at one end.



The swab is used to pick up a few cells from inside your vagina.



The vaginal swab is the right test for most people.



Someone will tell you if you need a different sort of test.



You can choose to:

- have the swab done by someone like a:
 - nurse
 - doctor
- do the test yourself.



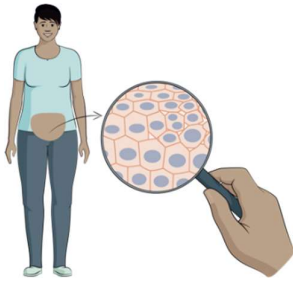
If you choose to do the test yourself you can do it somewhere **private**.



Private means that no one can see you doing the test.



Your swab will be sent away to be tested for HPV.



If you have HPV you might need to get a **cervical sample**.



A **cervical sample** is like the old sort of test you may have had in the past.



You can find more about cervical samples on **pages 17 to 19** of this Easy Read document.



You might also need **colposcopy**.

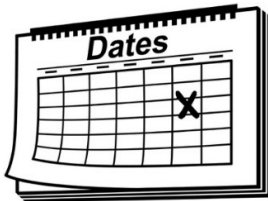
Colposcopy is a way for a doctor to look at the cells in your cervix.



If you do not have HPV you will be told when you need another screening.



Most people need screening every 5 years.



Some people need screening more often.



You can find more information about the vaginal swab test on the **website**:

www.CervicalSelfTest.nz

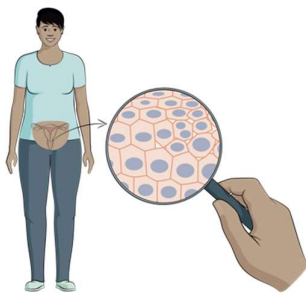


This website is not in Easy Read.

Choice 2 – cervical sample



A **cervical sample** is when a nurse / doctor takes some cells from your cervix to test.



This is done in the same way as the old sort of test.



Your doctor will tell you if you need a cervical sample.

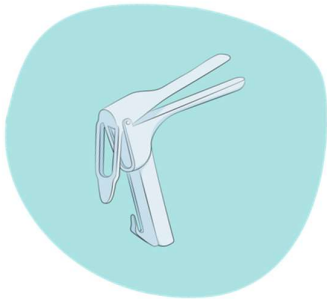


You can choose to have a cervical sample instead of a vaginal swab.

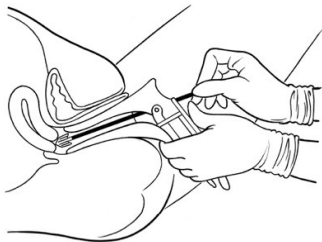


A cervical sample has to be done by someone like a:

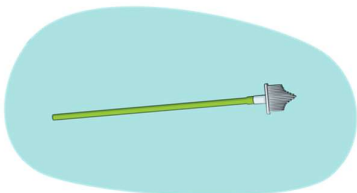
- nurse
- doctor.



When you have a cervical sample the nurse / doctor will use something called a **speculum**.



A **speculum** is a tool to gently hold your vagina open so the nurse / doctor can see your cervix.



They will use a small brush to take some cells from your cervix.



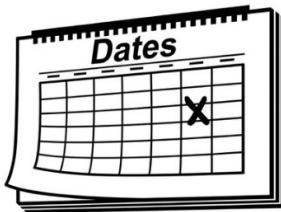
The cells will be tested for HPV first.



If there is HPV the cells will be checked for any changes.



If there are changes you will need colposcopy.



If you do not have HPV you will be told when you need another screening.



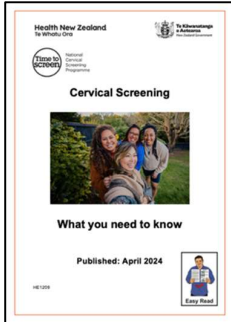
You can find more information about cervical samples at the **website**:

www.CervicalSample.nz



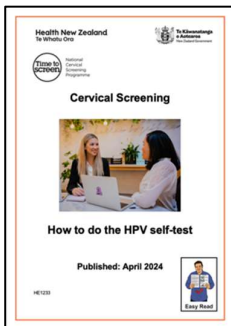
This website is not in Easy Read.

Where to find more information



You can find out more about cervical screening in these Easy Read documents:

Cervical Screening – What you need to know

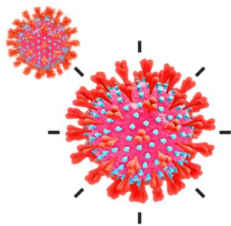


Cervical Screening – How to do the HPV self-test



National Cervical Screening Programme

You can get in touch with the National Cervical Screening Programme to find out more about:



- cervical cancer
- HPV
- what your choices are
- where to get a test.



You can find the National Cervical Screening Programme **website** at:

www.TimeToCervicalScreen.nz



This website is not in Easy Read.



You can **email** the National Cervical Screening Programme at:

screening@health.govt.nz



You can **phone** the National Cervical Screening Programme on:

0800 729 729



You can use the New Zealand Relay service to phone the National Cervical Screening Programme.



If you find it hard to use the phone the **New Zealand Relay** service is for people who are:

- Deaf / hard of hearing
- deafblind
- speech impaired / find it hard to talk.

You can find out more about the New Zealand Relay service at:

www.nzrelay.co.nz



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This information has been written by the National Cervical Screening Programme.

Make it Easy
Kia Māmā Mai



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.

People First NZ
Ngā Tāngata Tuatahi



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