

Just for women

Smear tests

This booklet is just for you.

You can ask someone to read it with you.



People you could ask:

- A family member
- Your care worker
- Your doctor
- Your nurse

What is a smear test?

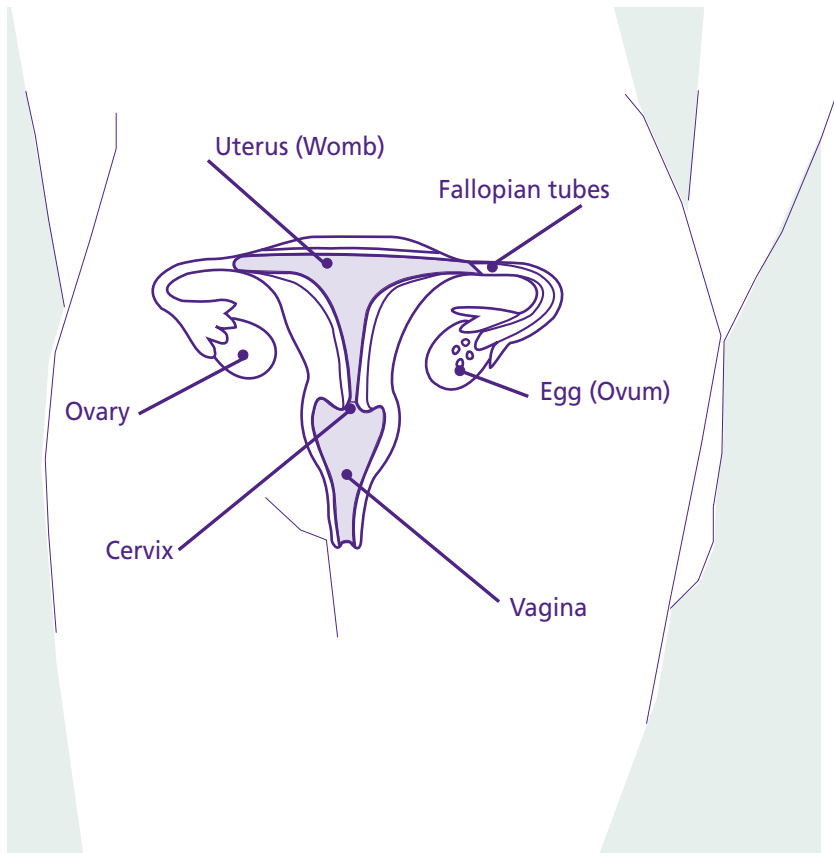
Only women have smear tests.

Smear tests are to see if your cervix is healthy.

Your cervix is inside your body.

It is at the top of your vagina.

It can be done by a nurse or a doctor.



Why do I need one?

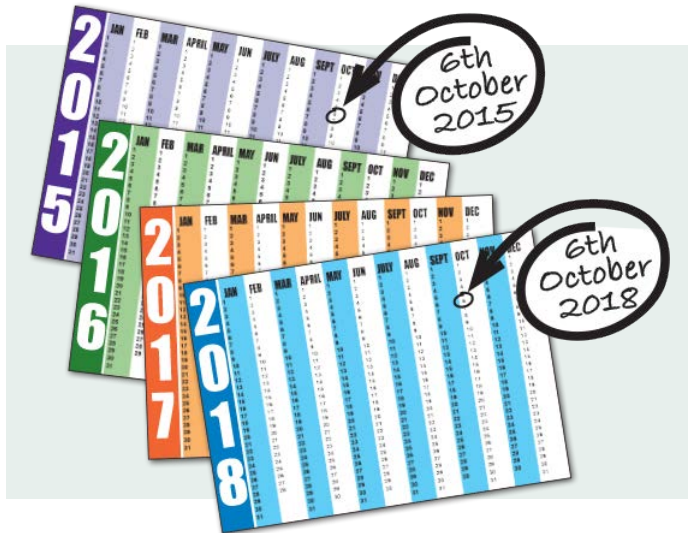
Sometimes the cervix can change and make you sick.

Having a smear test can help keep you healthy.

If you have ever had sexual intercourse you need a smear test.

If you have ever had sexy touching on your vagina by a boyfriend/girlfriend you need a smear test.

You need one every three years.

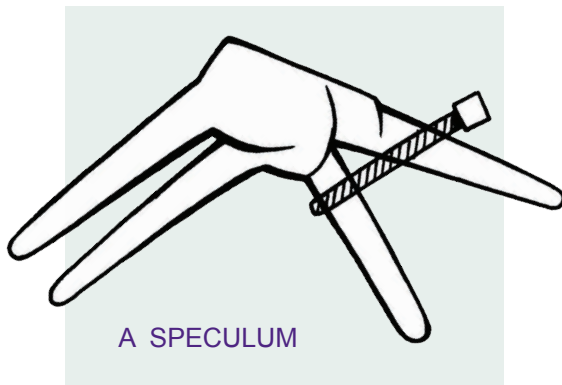


What happens when you have a smear test?

The doctor or nurse needs to look inside your vagina.

To look inside your vagina they will need to use a speculum.

This will hold the sides of your vagina open.



You will need to take your underpants off.

You will be asked to lie down.

You will be asked to bend your knees and move your legs apart.

It is OK to feel embarrassed.

The nurse or doctor won't be embarrassed.

They will use a bright light to look between your legs.

They will gently touch your vagina on the outside and put the speculum inside.

This might feel uncomfortable.

The nurse or doctor will do some tests.

This might feel a little strange but it only takes a few minutes.



Take a deep breath and try to relax.

When the tests are done they will take the speculum out of your vagina.

They will give you some tissues to wipe yourself.

When you have wiped yourself you should put the tissues in the bin.

Then you can put your underpants back on.

You should wash your hands.

Well done!



What happens next?

The tests will be sent away to see if your cervix is healthy.

If there is a problem the doctor or nurse will call you.



IT'S OK

To be shy or embarrassed.

To take someone with you.

To ask questions.

To ask the nurse or doctor to stop.

Family Planning Clinics

For more information or for an appointment contact your nearest Family Planning Clinic:

Whangarei	09 438 1986
Auckland -	Takapuna 09 486 1014
	Henderson 09 836 0026
	Newmarket 09 524 3341
	Panmure 09 570 9871
	Manukau 09 263 7600
	Papakura 09 298 4608
Hamilton	07 839 4061
Tauranga	07 578 8539
Gisborne	06 867 1864
New Plymouth	06 759 8269
Hawera	06 278 9929
Whanganui	06 347 9415
Wellington -	City 04 499 1992
	Lower Hutt 04 569 5025
	Porirua 04 237 8895
Blenheim	03 578 3047
Greymouth	03 768 0895
Rangiora	03 313 6697
Christchurch	03 379 0514
Ashburton	03 308 1221
Timaru	03 684 3872
Dunedin	03 477 5850
Invercargill	03 214 4978