[PARTICIPANT_GIVEN_NAME] [PARTICIPANT_FAMILY_NAME]
[Participant_address_line_1]
[Participant_address_line_2]
[Participant_ADDRESS_CITY] [PPT_STATE] [Pcode]

Dear <name>

It's time to book your cervical screening test.

Our records show you have not had a cervical screening test before.

Even if you feel healthy, it's important to get screened.

Cervical cancer is preventable

Cervical cancer is one of the most preventable cancers. Having a cervical screening test every 5 years is the best way to protect your health.

Most cervical cancers happen in people who have never had a cervical screening test or aren't up-to-date with their testing.

A short appointment with your doctor or local health clinic can help give you peace of mind for the next 5 years.

Screen now and then every 5 years

Cervical cancer can develop at any age. Even if you've only had one sexual partner, or have had the HPV vaccine, you should get a cervical screening test and then re-screen every 5 years.

Self-collection: You can choose to do the test yourself using the self-collection method while you're at the clinic. Ask your doctor or clinic about self-collection or find out more at health.gov.au/NCSP.

Do I need a cervical screening test?

✔ I'm aged between 25 and 74

✔ I've had any type of sexual contact (with any person, even of the same sex)

✔ I'm a woman / a person with a cervix

You should get a test even if you...

- had the HPV vaccine
- are not currently sexually active
- have had the same partner for a long time
- have been through menopause
- feel healthy and have no symptoms of HPV or cancer

You don't need a test if:

✖ you've never had any type of sexual contact

✖ your cervix was completely removed as part of a hysterectomy

How the test works

The cervical screening test looks for the human papillomavirus (HPV) – a common virus that causes almost all cervical cancers.

Most people with HPV don't even realise they have it. HPV can stay in the body with no symptoms for a long time before becoming active.

The cervical screening test detects HPV and any abnormal cell changes early on, so you can be reassured you're protecting yourself.

Book your cervical screening test today

Book an appointment with your GP or another doctor or nurse

Visit a clinic that offers cervical screening

Find your nearest doctor or clinic at Healthdirect

www.healthdirect.gov.au

1800 022 222

Yours sincerely,

Adjunct Professor (Practice) Alison McMillan
Chief Nursing and Midwifery Officer

Have questions?

The National Cervical Screening Program is available to answer any questions you might have about the cervical screening test.

health.gov.au/NCSP

1800 627 701

If you have recently had your cervical screening test, please disregard this letter and follow the advice of your health professional.

Help us keep your records up to date. If you think you have received this letter in error or your information has changed, please call 1800 627 701 to update your details.
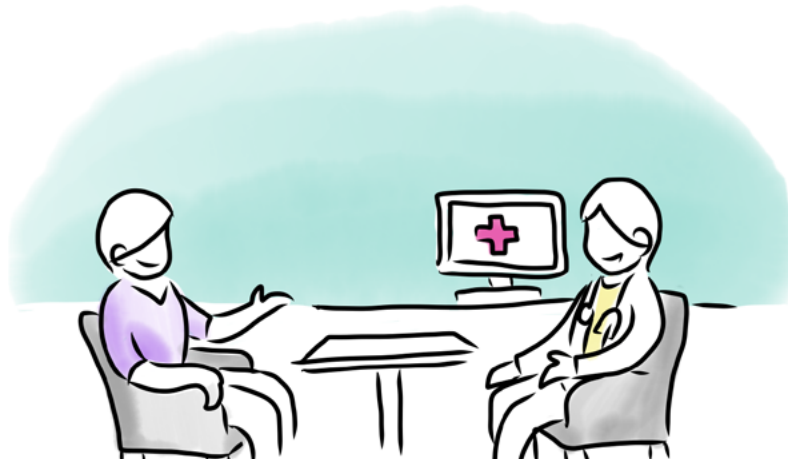
Use the QR code to access more information online about cervical screening, including translated material.

Save your appointment details here

Time: _____ Date: _____ with GP or clinic: _____

You can also take this letter to your appointment to give to your doctor, nurse or healthcare professional.

UNDERSTANDING YOUR OPTIONS FOR THE
CERVICAL SCREENING TEST

A cervical screening test is a gentle and simple process to check for the presence of human papillomavirus (HPV), which can cause cervical cancer. This test is much easier than people expect.

To help you feel more comfortable and supported, it's important to know that you have a number of options for how you would prefer the test to be done.

WHEN BOOKING YOUR APPOINTMENT

You can find or request a health professional you feel comfortable with. For example, many people prefer a female nurse, health worker or doctor (general practitioner, or GP).

You can advise the clinic if you would like to bring a friend, a carer or other support, such as an interpreter.

DURING YOUR APPOINTMENT

The cervical screening test is done in a private room, by your chosen health professional.

Let them know before your test if you are worried about anything at all.

They're experienced in making sure you are comfortable. They're used to seeing bodies of all shapes and sizes.

If anything hurts at any time during the test, tell your health professional immediately.

SELF COLLECTION

You have options for how the sample from your cervix is collected.

You can take a sample yourself using a simple vaginal swab at the clinic. This is called **self-collection**.

You will need to ask your doctor or health professional about the **self-collection** option during your appointment.

THE USUAL TEST PROCESS

1 - PREPARING FOR THE TEST

You will be asked to undress below the waist, lie on your back, and cover yourself with a sheet.

If you like, you can sit up a little, if that is more comfortable.

2 - COLLECTING THE SAMPLE

The health professional will gently insert an instrument into your vagina, to make it easier to take a cell sample from your cervix. If you prefer, your health professional can help you insert the instrument yourself.

The sample is taken with a small soft brush. This could feel strange, but it shouldn't hurt. You can then get dressed again.

3 - GETTING YOUR RESULTS

Your sample will be sent to a laboratory to test for HPV or any abnormal cell changes. Your health professional will let you know how you will get your results.

If your results are negative (no HPV found), you will have peace of mind before returning for your next cervical screening test in 5 years.

NATIONAL
CERVICAL SCREENING
PROGRAM
A joint Australian, State and Territory Government Program

Australian Government
Department of Health

Book your cervical screening test with your preferred health professional today.

More information: health.gov.au/NCSP

healthdirect.gov.au

Search "female GP near me" in browser