

**Very
Important
Invitation**



**Raising Awareness
Of Cervical
Screening**

CERVICAL SCREENING HOLLY'S BLOG



This week it is my turn, Holly, Nurse Health Educator, I thought I would give you my top tips for attending your screening.

- 1) Try to give yourself plenty of time to get to your appointment. This is so that you can take a breath when you get to the surgery and practice some relaxation breathing if you are a little nervous.
- 2) When you arrive use the bathroom, there is nothing worse than having a speculum examination with a full bladder. Your nurse will wait for you to finish.
- 3) If you have any concerns or triggers, write these down and ask the receptionist to give to the nurse before you are called in, this is a great way of communicating with the nurse without having to verbalise if that is hard for you to do. This can be in advance of your screening or when you arrive on the day.
- 4) If you know what size speculum was needed last time, you can request that size again.
- 5) During your examination, if you are finding things uncomfortable, then speak up tell the nurse to stop, and use a smaller size.

Most important of all remember you are in control. If you say stop, we will stop.

This week I have been organising some lovely events for the end of the year and into the new year, planning visits to schools to teach on Year 11,12 and 13 PSHE lessons about the importance of HPV vaccinations and cervical screening with a focus on taking responsibility for their own health and making health decisions. Some work with Women's Refuges and building new relationships with more community outreach organisations.

Remember if you have any questions or need any support get in touch we are here to help anyone who needs it.