My Cervical Screening
CHECKLIST



This checklist was developed by women from the 'It's A Smear Campaign' Steering Group, drawing on their lived experiences and informed by the key findings and insights gathered throughout the campaign.

Who is this for?

For women and anyone with a cervix who has been invited for NHS cervical screening, is preparing for an appointment, or wants to understand the options available.

Why screening matters:

Cervical screening saves around 5,000 lives each year in the UK. It checks for high-risk HPV so it can be treated before cancer develops. You should still be screened even if you have had the same partner for years or have not been sexually active.

How to use this checklist:

Read it before your appointment. Tick what you feel confident about and circle anything you would like to discuss. You can bring it to your appointment or share it with your GP or nurse beforehand.

More information + support

NHS: cervical screening: nhs.uk/conditions/cervical-screening/
Eve Appeal: Ask Eve: 0808 802 0019 | nurse@eveappeal.org.uk

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Before my appointment:

- I understand that screening checks for high-risk HPV to help prevent cervical cancer
- I know what will happen and can ask questions
- I have asked about adjustments I need (e.g. extra time or smaller speculum)
- I know I can bring someone for support or ask about a chaperone

During my appointment:

- I have had the chance to ask questions and understand what will happen
- I feel ready to proceed and know that screening is my choice
- I know how to ask for the examination to be paused or stopped at any time
- I can tell the clinician if I feel pain, discomfort or anxiety

Before I leave:

- I know when and how I should receive my results
- I know who to contact if I have questions about my results or next steps

Questions or adjustments I want to discuss:

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To book your screening or discuss results, please contact your GP practice.
This checklist supports conversations; it does not replace NHS screening information.

Local Advice + Signposting

Nottingham Women's Centre
0115 941 1475
Nottingham & Nottinghamshire NHS Sexual Health Services
0300 131 7010

Please note, this is a pilot verison of this resource. Please use the QR code to leave your feedback on how we can improve it.

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