

Cervical screening isn't always easy

These tips might help



Take someone with you that you trust

They can stay in the waiting room, or be with you during the test itself



Ask for a longer or double appointment

You'll have more time to ask questions and understand the test



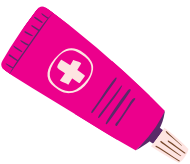
Lie on your side

This might be more comfortable than lying on your back



Listen to music or read during the test

You could take a mobile phone, tablet or book to distract yourself



Ask for an oestrogen prescription in advance

Oestrogen creams or pessaries can help if you have vaginal dryness



Talk to the doctor or nurse if you're worried

If you don't feel comfortable saying something, you could write it down

For more tips like these, information or support:

- visit [jostrust.org.uk](https://www.jostrust.org.uk)
- call our Helpline — **0808 802 8000**