

A smear test isn't always easy

Our tips can help

Ask to book a longer appointment

More time to ask questions and feel ready for your smear test.

Bring someone you trust

They can be with you in the waiting room or during your appointment.

Ask for a smaller speculum

A smaller size may be more comfortable for you.

Wear a skirt or dress

If you want to wear one, you can keep it on during your smear test.

Talk to your nurse

If you need any support or have questions, your nurse can help.

If you have questions, we're here:

0808 802 8000

jostrust.org.uk

