



BETTY'S STORY

Betty has a Cervical Screening Test
A test for women aged 25 to 74 years old



The booklet is a story about the Cervical Screening Test.

The words and pictures in the booklet will help you learn about how to keep your body healthy.

The booklet has some hard words.

You can find the meaning of these words and extra pictures on our website

www.fpnsw.org.au/justchecking



Betty gets a letter asking her to have a Cervical Screening Test.

Betty needs help reading the letter and asks her support worker Jean to explain.



Jean says the test is to check Betty's cervix to make sure it is healthy.

Jean explains the cervix is inside a woman's body at the top of the vagina.

Jean shows Betty a picture on the computer.



Betty makes an appointment with her doctor.
She is nervous and asks Jean to go with her.
The appointment is made for next week.



Betty and Jean arrive at the doctor's clinic.

Betty lets the receptionist know she is there to see Doctor Amy.

Betty and Jean sit in the waiting room for their turn.



Doctor Amy calls Betty's name.

She is now ready to see Betty.

Betty asks Jean to come into the room with her as she is feeling nervous.



Betty tells Doctor Amy that she has received a letter telling her that she needs to have a Cervical Screening Test.

Betty gives Doctor Amy the letter.

Doctor Amy reads the letter and checks her computer.

Doctor Amy says it is time to have the test.



Doctor Amy asks Betty if she would like to have the test today. Betty says "yes".

Betty says she would like Jean to stay as she is feeling nervous.

Doctor Amy says that is okay.



Doctor Amy shows Betty the speculum she will use during the test.

Doctor Amy asks Betty if she is ready for the test. Betty says "yes".



Doctor Amy asks Betty to take off her underpants and get up onto the bed.

She gives Betty a sheet to cover herself.

Doctor Amy asks Betty to bend her knees and move her legs apart.



Doctor Amy turns on a bright light and places the light between Betty's legs.

Doctor Amy gently puts the speculum inside Betty's vagina.

She tells Betty that she is now doing the test.

Doctor Amy asks if Betty is okay.

Betty says that it is a little uncomfortable but does not hurt.



Doctor Amy tells Betty that the test is done.

Betty gets off the bed. She puts on her underpants and gets dressed.



Doctor Amy tells Betty that the test will be sent to the laboratory.

She will get a letter with her results in a few weeks.

Betty and Jean say good bye to Doctor Amy and leave the clinic.



Two weeks later Betty gets a letter to tell her that the test is normal.

This means that her cervix is healthy.

Betty is glad she had the test and knows that her cervix is healthy.

EXTRA NOTES

- If you notice any unusual bleeding from your vagina, see your doctor straight away.
- The Cervical Screening Test might be a bit uncomfortable but it should not hurt.
- You can choose which doctor or nurse you want to do your Cervical Screening Test.
- You can ask for a female doctor or nurse if you would like.
- You can ask questions if you are unsure or confused about the Cervical Screening Test.
- Tell your doctor or nurse if you are feeling worried or scared.

- Tell your doctor or nurse straight away if you want to stop the test.
- You can say “stop” at any time during your test if
 - it hurts
 - it is too uncomfortable
 - you have changed your mind

The doctor or nurse must then stop.

- It is best to have a Cervical Screening Test when you are not having your period.
- Wear comfortable clothes that you can take off easily. Some people find it easier to wear a skirt or a dress.
- The Cervical Screening Test is private. If you want to you can talk about it to a trusted person like your family, friends or support worker.

Other *Just Checking* resources

Family Planning NSW has a series of resources on cancer screening for people with intellectual disability. You can find the other resources in this series on our website: www.fpnsw.org.au/justchecking

Just Checking videos

- Cervical cancer screening
- Breast cancer screening
- Bowel cancer screening

Just Checking social stories

- Lisa has a mammogram
- Bob has a bowel screening test

Just Checking Support Person's Tool

A guide for workers supporting a person with intellectual disability about cervical, breast and bowel screening.

About Family Planning NSW

Family Planning NSW Family Planning NSW is the state's leading provider of reproductive and sexual health services.

Family Planning NSW is committed to recognising and supporting the rights of people with disability to live full and meaningful lives. We believe that people with disability have the same rights as everyone else to express their sexuality.

Our clinics provide a safe place for people with disability to talk about intimate and sometimes challenging issues. We produce 'easy to read' resources to support people with disability to learn about their sexuality and relationships. We also provide training and support to parents, carers, and service providers around disability and sexuality topics.

Family Planning NSW Ashfield

328-336 Liverpool Road
Ashfield NSW 2131
Phone: 02 8752 4300

Family Planning NSW Hunter

384 Hunter Street
Newcastle NSW 2300
Phone: 02 4929 4485

Family Planning NSW Fairfield

Units 45 & 46 24-26 Nelson Street
Fairfield NSW 2165
Phone: 02 9754 1322

Family Planning NSW Dubbo

2B/155 Macquarie Street
Dubbo NSW 2830
Phone: 02 6885 1544

Family Planning NSW Penrith

13 Reserve Street
Penrith NSW 2750
Phone: 02 4749 0500

Family Planning NSW Talkline

Reproductive and sexual health
information and referral
1300 658 886
www.fpnsw.org.au/talkline

Family Planning NSW Shop

www.fpnsw.org.au/shop



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