

Cervical smear - a test that saves lives

Important information for those turning 25 in 2020

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Book an appointment for a smear test with your GP
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Take a smear
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Reduce your chances of developing cervical cancer
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You will find all the information you need enclosed, or at:
<https://www.kreftregisteret.no/en/cervix>

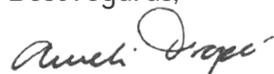
It is important, even for young, healthy women who have been vaccinated against HPV, to have cervical smears (cervical screening tests).

Having regular smear tests may detect cell changes before they develop into cervical cancer. Cell changes are not the same as cervical cancer and usually do not give symptoms. Cell changes can be easily treated.

The start of a good habit

It is recommended that women between the ages of 25 and 69 have cervical screening tests regularly, to prevent cervical cancer. Having regular cervical screening tests significantly reduces the chances of developing cervical cancer. Once you have had a screening test, you will receive a reminder from CervicalScreen Norway when it is time for the next one.

Best regards,



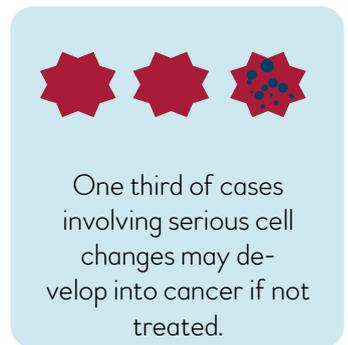
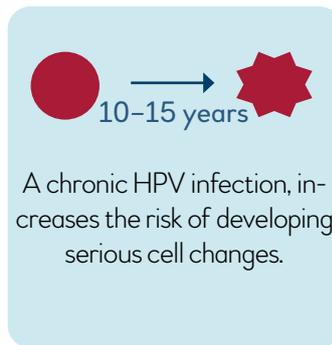
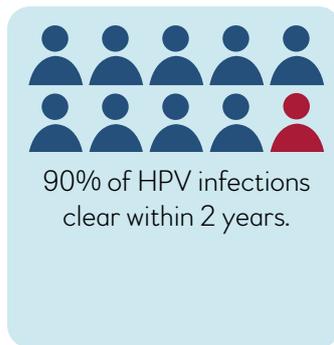
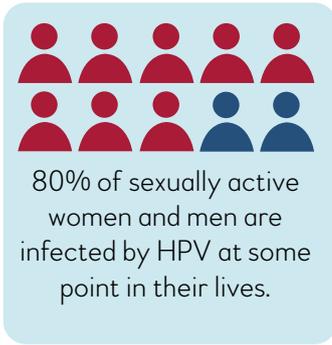
Ameli Tropé
Head of CervicalScreen Norway

For further information, please see reverse



HPV is the cause of cervical cancer

Serious cell changes and cervical cancer are caused by a long-term infection by the human papilloma virus (HPV), which is the most common sexually transmitted infection. It is important to have regular cervical screening tests, even if you are young, healthy and have been vaccinated against HPV.



A cervical screening test is conducted during a gynaecological examination

The examination only takes a few minutes and is not painful but may feel a little uncomfortable. Your doctor usually gets the test result within a month. In case of an abnormal test result, your doctor will provide you with information for further follow-up. If the test comes back normal, it is recommended that you have the test again in three years. CervicalScreen Norway will send you a reminder.



Your GP takes the cervical smear

Contact your regular GP's office to arrange to take the cervical smear. The examination is usually performed by your GP. Some women find it awkward to take this kind of test with their GP. If this applies to you, talk to your doctor about alternatives. It is often possible to take the test with another doctor in the same surgery. In special cases, it may be possible to get a referral to a gynaecologist.



Important to consider before taking a screening test

Avoid having the test during menstruation. You should also avoid the use of tampons, all types of vaginal creams and medicines a day before the test, as these may have a negative effect on the test results.

A word of advice: Feel free to bring along a friend; Some find it convenient to wear a dress.



No cervical screening test is 100% reliable

Having regular cervical screening tests reduces the chances of developing cervical cancer significantly, but serious cell changes may remain undetected for various reasons. Even if your test result is normal, it is important that you contact your doctor immediately if you experience symptoms such as persistent irregular bleeding, bleeding after intercourse, abnormal discharge or persistent abdominal pain. Please visit <https://www.kreftregisteret.no/en/cervix> for information on the advantages and disadvantages of having the cervical screening test.



Opt out/ Reservation and privacy

The Cancer Registry of Norway stores information about your test results. You can make a reservation against the registration of information related to normal findings being stored in the Cancer Registry. You also have the right to refuse the sharing of your test result history with healthcare professionals. You can request access to your personal information with the Cancer Registry.



Don't hesitate to contact your doctor or us if you have any questions regarding your cervical screening.

You can find more information about HPV and cervical screening at: <https://www.kreftregisteret.no/en/cervix>

