

## Cervical Screening – Reduce Your Risk of Developing Cervical Cancer

(Information in English and other languages: [www.sjekkdeg.no](http://www.sjekkdeg.no))

Cervical smear tests are taken by your doctor, and it is your responsibility to book an appointment. Please disregard this reminder if you have recently had a cervical smear test performed.

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Book an appointment with your GP
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Take a smear test
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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 [sjekkdeg.no](http://sjekkdeg.no)

### It is important to go to regular cervical screening

Regular cervical screening 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. Half of the women who develop cervical cancer have rarely or never attended cervical screening.

It is recommended that women between the ages of 25 and 69 should go for regular cervical screening. The aim is to prevent cervical cancer that affects women of any age. Please visit [www.sjekkdeg.no](http://www.sjekkdeg.no) for information on the advantages and disadvantages of cervical screening.

Best regards



Ameli Tropé

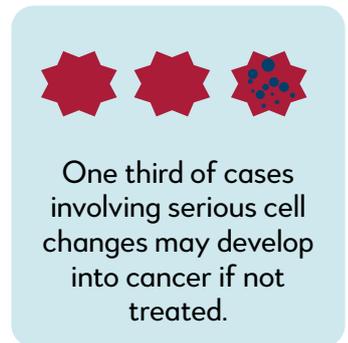
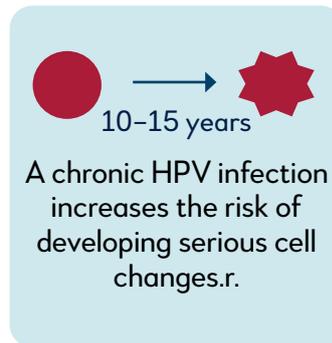
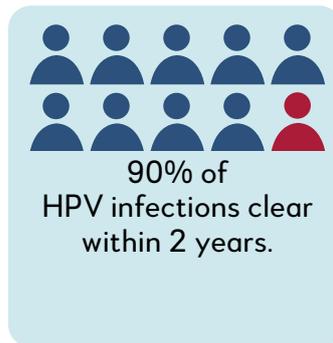
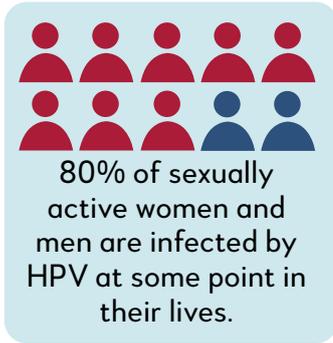
Head of CervicalScreen Norway

For further information, please see reverse



## HPV is the cause of cervical cancer

Serious cell changes and cervical cancer are most often caused by a long-term infection by the human papillomavirus (HPV). HPV is the most common sexually transmitted infection.



## Gradual introduction of a new method

CervicalScreen Norway is gradually changing the method of analysis from the microscopic examination of cervical cells to HPV testing for women between the ages of 34 and 69. During the transition period, your sample will either be tested for HPV or examined under a microscope. Both methods aim to detect changes to the cells of your cervix, and the test is conducted during a gynaecological examination in both cases. Your doctor usually gets the test result within a month. In the 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 take it again in three years in the case of a microscopic examination, and in five years in the case of HPV testing. CervicalScreen Norway will send you a reminder when it is time for a new test.

## No cervical screening test is 100% reliable

Regularly attending cervical screening reduces the risk 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.

## Your GP takes the cervical screening test

Contact your regular GP's office to book an appointment. 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's office about alternatives. It is often possible to take the test with another doctor in the same office. In special cases, it may be possible to get a referral to a gynaecologist. You have to pay a deductible fee for the examination.

## Important considerations before the cervical screening test

Avoid taking the test during menstruation. Avoid the use of tampons, all types of vaginal creams and medicines 24 hours before the test, as these may lead to incorrect test results.

## Reservation and privacy

The Cancer Registry of Norway stores information about your test results. You have the right to object to the storage of information related to normal results in the Cancer Registry. You also have the right to object to the sharing of your test result history with healthcare professionals who request access to it when treating you. You can request access to your personal information stored at the Cancer Registry.



You can find more information on our website at <https://www.kreftregisteret.no/livmorhals>

Call your doctor or us if you have any questions about cervical screening.

You can call us on 22 45 13 00 every day from 12:00 to 14:30 or email us at [livmorhals@kreftregisteret.no](mailto:livmorhals@kreftregisteret.no)

## Fight HPV



Do you like gaming? Download our app and learn more about HPV