

Cervical Smear

Information for patient

Name: Rosie Barnes
DOB: 03/09/1987

You are a 25 year old lady attending the GUM clinic for your first smear test. You have never had a smear test before and are unsure about what is going to happen and are anxious it might hurt.

Questions to ask if information not directly offered:

- Why do you recommend I have this?
- How often to I have to have it repeated?
- This GUM clinic is out of the way for me, can I have it done elsewhere next time?
- What will happen during the test?
- Will it hurt?
- Do I have to make my appointment for a particular time of my menstrual cycle?
- Will it be a woman that does it?
- What will happen next?

Nicola Clarke
4th Year
University of Leeds

Information for student

EXPLANATION STATION

Please see this lady who has come to the GUM clinic for a cervical smear. This will be her first cervical smear and she is unsure about why she is having the smear, what will happen during and after the smear and is anxious that it will hurt.

Patient details:

Name: Rosie Barnes

DOB: 03/09/1987

Information for examiner

Skill	Not Attempted	Attempted	Done in full
Appropriate introduction (full name and role)			
Establishes rapport with patient (name, DOB)			
Explains the importance of screening (can stop cervical cancer from developing *DOES NOT stop cervical cancer from developing! It is a SCREENING tool to try and identify pre-cancerous changes, which when treated appropriately, can prevent the changes that may lead to cervical cancer)			
Explains how the smear is performed (a small sample of cells is taken from the cervix, examined and abnormalities reported) using a brush?			
Explains how often patient will need a smear (every 3 years if 25-49, 5 yearly if 50-64, don't need if a virgin)			
Explains can have a smear at GP, family planning clinic, GUM clinic or antenatal clinic			
Explains that you can ask for a female or male doctor/nurse but recommend to do this advance			
Explain to make appointment for the middle of the menstrual cycle, and how this is worked out			
Explains that during the test the patient will need to undress from the waist, lie on back with knees drawn up and apart			
Explains that it should not hurt but it may be uncomfortable. Patient should try to relax.			
Explains that patient may also need a vaginal examination at the time which involves the nurse/doctor inserting gloved fingers into the vagina			
Doctor/nurse puts a speculum in vagina which has two arms that spread apart to see the cervix. Surface of the cervix scraped with spatula or brush to collect sample of cells. There may be a small amount of spotting after			

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procedure			
<ul style="list-style-type: none"> - Taking the swab - Insert cytobrush through the speculum into the endocervical canal - Rotate 5 times 360 degrees in clockwise direction - Remove cytobrush, avoiding touching the speculum - Drop brush end into sample pot - Remove speculum – keep blades open and rotate - Dispose of speculum and gloves 			
<p>You will be contacted even if the results are normal but definitely will be if anything is found *</p>			

*Please note – patients are always contacted, even if there is a normal result. The GP will also be contacted with result and they send recall letters routinely every 3 years. If any abnormality found, may be sooner time period 6 months/1 year

- Sometimes women need to have their smear test repeated, as sample inadequate (which is why we all have training). In some circumstances, if women are unable to tolerate, difficult cervix to visualize then may need referral to colposcopy.