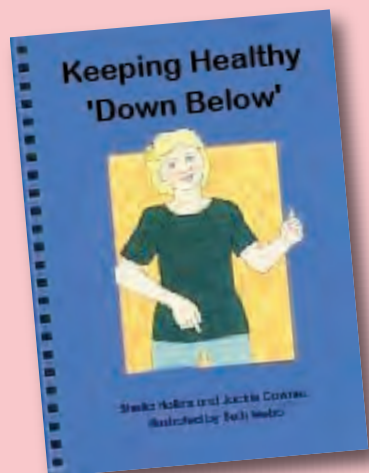


You can ask someone to tell you more about having a cervical sample taken and explain your results.

A picture book called '**Keeping Healthy Down Below**' gives more information about having a cervical sample. A copy can be ordered from:

Book Sales  
Royal Collage of Psychiatrists  
17 Belgrave Square  
London SW1X 8PG

Tel: 020 7235 2351 extension 146  
Price £10 including p&p



## Contact details for appointments

Family Planning Clinic, Morley St, Brighton  
01273 24209

Avenue House Family Clinic, Eastbourne  
01323 416100

Ore Clinic Family Planning, Hastings  
01424 445580

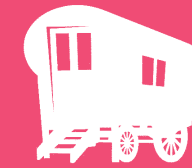
GP practice

Practice Nurse

Find out more about cancer screening:  
[www.cancerscreening.nhs.uk/cervical](http://www.cancerscreening.nhs.uk/cervical)

for enquiries in Brighton and Hove email:  
[margaret.felton@southdowns.nhs.uk](mailto:margaret.felton@southdowns.nhs.uk)

for enquiries in East Sussex email:  
[jenny.greenfield@esdwpct.nhs.uk](mailto:jenny.greenfield@esdwpct.nhs.uk)



**NHS**

# Women's Personal Health





## All women need to keep healthy down below.

- All women over 25 are invited to come for a cervical sample.
- Having a cervical sample taken is a way of looking for changes down below.
- Some of these changes may become cancer. This sort of cancer is called cervical cancer.
- It can be prevented if the changes are found early enough.

The doctor or nurse will talk to you to help you decide if you need to have the cervical sample. You can bring a friend or relative along.



You can decide if you want to have a cervical sample taken

...Or you can come back another day if you are not sure.



A doctor or nurse will take the sample. You can ask for a female doctor or nurse to do it.

The sample is sent away to be looked at carefully.



You will be sent a letter about the results of your sample.

If everything is OK with your sample you don't need to have another for at least 3-5 years.

If there are any unhealthy cells in your cervix they can be treated.

