

## Women's Comfort Checklist

For a more comfortable cervical screening experience

Cervical Screening is one of the best defenses against cervical cancer and is essential for women between the ages of 18 and 70, who have ever been sexually active. This list was developed to help ensure a comfortable screening experience. It aims to educate and empower women by; providing advice on how to best prepare for screening and by explaining what women can expect from their health professional(s).

### Simple steps to ensure your comfort:

#### Make an appointment:

Make an appointment with your doctor or reproductive health clinic at a time that suits you. Additionally sign up for cervical screening reminders at [www.accf.org.au/getthepaptext](http://www.accf.org.au/getthepaptext)

#### Prepare by doing the following;

- Review information on Cervical Screening so you know what to expect [www.accf.org.au/cervical-health/prevention](http://www.accf.org.au/cervical-health/prevention)
- Wear loose comfortable clothing - you will be asked to remove clothing from waist down.
- Empty your bladder before you arrive at the clinic or ask to use the "ladies" when you arrive.
- Try to stay as relaxed as possible - this will help minimize any discomfort. For example try to take some long slow and deep breaths to maintain a sense of calm.

#### Expect the following from your health professional:

- An option to have a support person present eg. relative/friend/clinic nurse.
- Privacy to undress and dress.
- A sheet to drape across your stomach and thighs to minimize exposure and ensure your modesty.
- Easy to understand instructions during the procedure and reassurance. You can ask the doctor/health professional questions and ask him/her to stop at anytime.
- Sterilised medical instruments (presented at a comfortable temperature) - to take a sample.

#### Completion:

- Further privacy to dress & provision of tissues, sanitary pads and handwashing facilities - if needed.
- If you need any personal assurance feel free to ask whether your genitalia / reproductive organs appear normal.
- Feel free to ask when & how your results will be advised (generally provided within two weeks). Don't hesitate to call your healthcare provider to check on your results should you be concerned.
- If any abnormalities are detected, your health professional will advise of further examination options.
- Ensure your contact details are up to date and sign up for "Get the Pap Text" FREE reminder service at [www.accf.org.au](http://www.accf.org.au)

Proudly developed by the ACCF Checklist Medical Panel and endorsed by the Australian Women's Health Network

For information about the Comfort Checklist please visit [www.accf.org.au/cervical-health/prevention/comfort-checklist](http://www.accf.org.au/cervical-health/prevention/comfort-checklist) or call 1300 727 630 (within Australia) or (07) 3177 1099