



Reasonable Adjustments

Here are some ideas that may help you during your cervical screening



Bring your phone and headphones and listen to music during the test



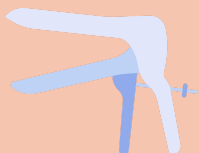
Bring someone you trust to stay with you during your appointment.



Ask to book a longer appointment



Ask for an appointment to look around and meet the person doing the test



Ask for a smaller speculum



Book a back to back appointment with a friend so you can go together



Ask if you can lay in a different position



Plan something fun to do afterwards to give you something to look forward to



Talk to the person doing the test at how you will say that you would like to stop