



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