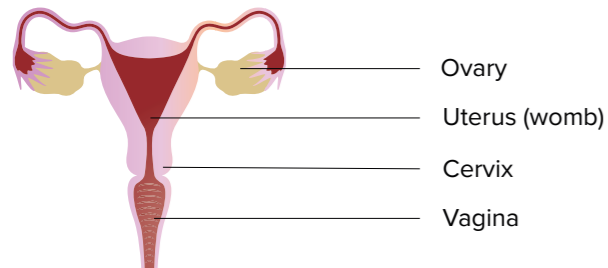


Cervical Screening information for Trans men and/or Non-Binary Individuals

This leaflet is for trans men and/or non-binary people but may be useful for anyone interested or wanting to offer support.

It explains the process of going to a cervical screening (smear test) appointment and aims to offer support with any challenges you may face.

Some of the content may be triggering, there are many possible reasons for this such as gender dysphoria and previous bad experiences. Please seek support or guidance, if needed, from the organisations listed below.



What is Cervical Screening?

Cervical Screening (also known as a smear test) is a test that will not cost you anything and helps prevent cervical cancer. Everyone with a cervix between age 25 and 64 is eligible to have cervical screening. The test can be undertaken at your GP surgery, our specialist Sexual Health clinics at the General Hospital and Le Bas Centre. The test will check the health of the cervix (neck of the womb). This involves taking a small sample of cells from the surface of the cervix. This will allow us to detect human papillomavirus (HPV) and to spot abnormal changes in the cervix. It is important that you go for screening - finding changes in the cervix before they become cancerous gives you the best possible chance of successful treatment.

Nearly all cervical cancers are caused by HPV. HPV is a very common virus; most people will be infected with it at some point in their life. It can be passed on through any type of sexual activity, including skin to skin contact.

Everyone with a cervix is eligible and encouraged to access cervical screening. Factors such as sexual history, number of sexual partners and whether people are in a different-sex or same-sex relationship do not affect this. If you have ever had any sexual contact you should book your first cervical screening test and attend for appointments when you are invited.

Taking part in cervical screening is your choice. You can find out more information from **your GP or practice nurse** or by visiting [www.gov.je/cervical screening](http://www.gov.je/cervical%20screening)

Who should have a cervical screening test?

You won't automatically be invited for screening when you reach 25 or when you move to the island. You need to book your first appointment with your GP surgery, our specialist Sexual Health clinics at the General Hospital or Le Bas Centre. Once registered on our recall system you will then be invited for cervical screening every 3 years from the age of 25 to 49 and every 5 years from the ages of 50 to 64.

If you reach age 64 and you have never had cervical screening, speak with your GP/ Nurse to discuss if this is required.

Trans men and non-binary people assigned female at birth

Registered with a GP as female

If you are aged 25 to 64 and registered with a GP as female, after booking your first cervical screening appointment you will be routinely invited for cervical screening. We recommend that you have cervical screening if you have not had a total hysterectomy and still have a cervix.

Registered with a GP as male

If you are aged 25 to 64 and registered with a GP as male and if you have not had a total hysterectomy and still have a cervix, you should still have cervical screening. If this applies to you, let your GP/ practice nurse or sexual health clinic know so you can talk to them about having cervical screening.

Trans women and non-binary people assigned male at birth

If you are a trans woman or non-binary person assigned male at birth you do not need to book an appointment for cervical screening as you do not have a cervix.

What does the test involve?

The nurse or doctor will put an instrument called a speculum into the front genitals to help them see the cervix. The test involves gently brushing cells from the surface of the cervix using a soft brush in order to obtain a sample.

If you are a trans man who has taken long-term testosterone you may find screening uncomfortable or painful. You may want to talk to your doctor or nurse about using a different size speculum and some extra lubrication.

Attending cervical screening can be an anxious time for you if you have physical changes taking place to your body and to your genital area. It is important you feel that you are treated with dignity and respect at all times. If you are worried about having your cervical screening test talk to your doctor or practice nurse.

You are welcome to book an appointment with our Specialist Sexual Health clinic to discuss cervical screening, or call/email for a chat. All information obtained at Sexual Health clinics is handled sensitively and is treated as confidential. All our waiting areas, toilets and screening rooms are gender neutral. As part of your appointment our team can offer sexual health screening and health prevention programmes, hepatitis vaccinations and supply condoms.

For most people their test results are negative. If you are found to have HPV then you will be invited for a further assessment at the colposcopy clinic where the cervix is looked at in detail. Very occasionally a repeat cervical screening test is needed if the sample was insufficient.

If you are worried about your risk of developing cervical cancer you may want to speak to your GP or practice nurse.

What can I do to reduce my risk?

It is important you attend cervical screening every time you are invited, even if you have had a previous negative result. Let your GP or practice nurse know if you think you should be invited for screening.

Even if you have had the HPV vaccine you still need to attend for cervical screening when invited.

Using condoms can help to reduce your risk of getting HPV, but they do not completely protect against it. Condoms only cover part of the genitals, but HPV lives on the skin in and around the whole genital area. Free condoms are available from the Sexual Health clinic.

Reduce your risk of cervical cancer by stopping smoking. You can access free support and treatment from **Jersey's Help2Quit Stop Smoking Service**.

If you have symptoms such as unusual front genitals discharge or bleeding, or pain during or after front genitals sex, please speak to your GP even if you have had a negative cervical screening result.

More information and contacts

Cervical Screening for Trans Men and Non-Binary Individuals

T 01534 442856
E S.H@gov.je

Cervical Screening Clinic-Le Bas Centre

T 01534 443781
E lebasclinic@health.gov.je

Cervical screening for Trans men and/or non-binary people

In partnership with LGBT Foundation

jostrust.org.uk/information/cervical-screening/trans-non-binary

Sexual Health Service (GUM Clinic)

T 01534 442856

gov.je/Health/SexualHealth/Pages/GUMClinic.aspx

Liberate

Channel Islands charity offering support and advice to transgender and non-binary people

W liberate.je
E hello@liberate.je

Help2Quit Stop Smoking Service

T 0800 735 1155
E help2quit@health.gov.je



TRUE OR FALSE

"You will know if you have cervical cancer."

FALSE

Four in every five people (80%) will contract HPV at some point in their lives.

For this reason, regular cervical screening is strongly advised.

CERVICAL SCREENING

Information for trans men and/or non-binary individuals

Book your cervical screening today

Help prevent a cervical cancer diagnosis