

Who should have cervical smear tests?

If you:

- are a woman or trans or non-binary person with a cervix
- are aged between 25 and 69
- have ever been sexually active

then you should have regular smear tests.

This includes if you:

- are immunised against HPV
- are single
- only have sex with women
- have a disability
- have been through menopause
- are no longer having sex.

If you have had a hysterectomy (removal of the uterus) check with your health provider if you still need to be screened.

Concerned about unusual symptoms?

Women of any age who experience symptoms such as unusual bleeding, a persistent discharge, or pain should talk to their healthcare provider immediately.

Te Whatu Ora
Health New Zealand
Te Matau a Māui Hawke's Bay



National
Cervical
Screening
Programme

Have a question? Call us.

Te Whatu Ora | Te Matau a Māui Hawke's
Bay Population Screening team

76 Wellesley Road, Napier

populationscreening@hbdhb.govt.nz

Freephone

0800 729 729

www.timetoscreen.nz

HPV vaccine

HPV vaccine helps protect against a virus that causes several cancers that can affect anyone.

In New Zealand, the HPV vaccine is available **free** for everyone aged **9–26 years**.

Where you can go for a cervical smear in Hawke's Bay



Taku hauora, taku tinana, taku tūmanako.

My health, my body, my future.



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Cervical screening

Cervical screening is a test that looks for early cell changes on the cervix. Early treatment of these cells is very effective at preventing cervical cancer. Most cervical cancer is caused by a virus called human papilloma virus or HPV.

Cost

Charges for a cervical smear test may vary.

Ask your health provider, nurse or health professional if you qualify for a **free** smear.

Most practices will provide free smears for

- Māori, Pacific and Asian women aged 25–69
- Women who are 30 and over, who have never had a smear or haven't had a smear for more than five years.

Cervical screening in Hawke's Bay

To book your cervical smear test, contact:

- your local GP, doctor, nurse or midwife
- a Māori health provider
- Te Whatu Ora Population Screening team.

There is a list of GPs in the telephone book or online at www.ourhealthhb.nz

Nurse-led health clinics are available at most practices.

It is not unusual to feel whakamā/nervous. Tell the smear taker so they can support you. You are welcome to bring a friend or whānau member to tautoko/support you.

Community clinics and home visits

To find out about local cervical screening community clinics and/or home visits, phone your local screening support provider.

There are regular clinics in Napier and Hastings (criteria does apply).

Phone Population Screening on **0800 729 729** for more information.

Screening support providers

All screening support providers listed to the right can arrange and provide support for your smear appointment. This includes transport to or from your appointment.

Screening support providers

WAIROA

Kahungunu Executive ki te Wairoa

65 Queen Street, Wairoa

Phone: 06 838 6835 | Free phone: 0800 621 700

Contactable via Facebook Messenger.

NAPIER

Population Screening team (Hawke's Bay)

76 Wellesley Road, Napier

Phone: 06 834 1877 | Free phone: 0800 729 729

Email: populationscreening@hbdhb.govt.nz

Te Kupenga Hauora Ahuriri

5 Sale Street, Napier

Phone: 06 835 1840 | 06 211 2934 (free for locals)

Contactable via Facebook Messenger

HASTINGS

Choices (Hastings)

208W Southampton Street, Hastings

Phone: 06 878 7616

Choices (Flaxmere)

The Village, Swansea Road, Flaxmere, Hastings

Phone: 06 879 8984

Free phone: 0508 WHANAU (0508 942 629)

CENTRAL HAWKE'S BAY

Te Taiwhenua o Heretaunga — Waipukurau

58 White Road, Otane

Phone: 06 858 9559 | Free phone: 0800 153 240

