

# A reminder to book your cervical cancer screening

**It's one of the best ways to prevent cervical cancer.**

- It should take less than 5 minutes
- Most women think it's painless
- It's usually done by a female nurse and you can request this.

**It's never too late to book your screening.  
It could save your life.**

To book, scan the QR code or visit  
[www.nhs.uk/conditions/  
cervical-screening/how-to-book](http://www.nhs.uk/conditions/cervical-screening/how-to-book)

