



Sgrinio Serfigol **Cymru**

Cervical Screening **Wales**

NHS cervical screening

'Cervical screening saves lives'

Cervical cancer is the most common cancer in women under the age of 35, but cervical screening (often called a smear test) can prevent cervical cancer from developing, or pick it up at an early stage.

Women aged 25 to 49 are invited for screening every three years. Women aged 50 to 64 are invited every five years.

If and when you are due for screening, Cervical Screening Wales will send you more information about the test, including the benefits and risks.

The test is carried out at GP surgeries or at some sexual health clinics, and involves taking a small sample of cells from the cervix (the neck of the womb) using a soft brush.

The sample looks for high-risk types of a very common virus called human papillomavirus (HPV) which can cause the cells on the cervix to change, and these changes can develop into cervical cancer.

If high-risk HPV is found, the sample will be looked at for cell changes. If changes are found, you may need further tests at your local hospital clinic. If no high risk HPV is found, this is reassuring as it means that the cells in the sample do not need to be looked at.

If you think you may have missed a test, please contact your GP surgery. They will be able to tell you if and when your test was due.

If you have any questions about cervical screening please contact:

South East Wales: 029 2078 7910/**Mid and West Wales:** 01792 940940/**North Wales:** 01352 877899

We welcome phone calls in Welsh.

For further information about cervical screening, including accessible information, please visit:

<https://phw.nhs.wales/cervical-screening>

Sgrinio serfigol y GIG

'Mae sgrinio serfigol yn achub bywydau'

Canser ceg y groth yw'r canser mwyaf cyffredin ymysg menywod dan 35 oed, ond gall prawf sgrinio serfigol (a elwir yn aml yn brawf ceg y groth) atal canser ceg y groth rhag datblygu, neu gall ei ganfod yn fuan.

Gwahoddir menywod 25 i 49 oed i gael eu sgrinio bob tair blynedd.
Gwahoddir menywod 50 i 64 oed bob pum mlynedd.

Os a phan fydd angen i chi gael eich sgrinio, bydd Sgrinio Serfigol Cymru yn anfon rhagor o wybodaeth am y prawf atoch, gan gynnwys y manteision a'r risgiau.

Cynhelir y prawf mewn meddygfeydd meddygon teulu neu mewn rhai clinigau iechyd rhywiol, a chymerir sampl bach o gelloedd o'r serfics (ceg y groth) gan ddefnyddio brwsh meddal.

Mae'r sampl yn chwilio am fathau risg uchel o feirws cyffredin iawn o'r enw feirws papiloma dynol (HPV) sy'n gallu achosi i gelloedd ceg y groth newid, a gall y newidiadau hyn ddatblygu'n ganser ceg y groth.

Os canfyddir HPV risg uchel, edrychir ar y sampl i chwilio am newidiadau i'r celloedd. Os canfyddir newidiadau, efallai y bydd angen i chi gael profion pellach yng nghlinig eich ysbyty lleol. Os na chanfyddir HPV risg uchel, mae hyn yn gadarnhaol gan na fydd angen edrych ar y celloedd yn y sampl.

Cysylltwch â'ch meddygfa os credwch eich bod wedi methu prawf. Gall roi gwybod pryd yr oedd angen i chi gael y prawf.

Os bydd gennych unrhyw gwestiynau am sgrinio serfigol cysylltwch â:

De-ddwyrain Cymru: 029 2078 7910/**Canolbarth a Gorllewin Cymru:** 01792 940940/**Gogledd Cymru:** 01352 877899

Rydym yn croesawu galwadau ffôn yn Gymraeg.

I gael rhagor o wybodaeth am sgrinio serfigol, gan gynnwys gwybodaeth hygyrch, ewch i:

<http://icc.gig.cymru/sgrinio-serfigol>