

## TEMPLATE

# to take to Cervical Appointment

*Because writing it down might be easier or may help you feel more prepared, we have put together this template with some examples of things to tell your healthcare professional so that they know how to support you.*

*This page is an example with prompts, below is a blank version so that, if you like, you can write down what you want to say beforehand and either print it out to take along with you or email it before your appointment.*

### Dear healthcare provider, please note:

I might find aspects of healthcare appointments and procedures difficult because of the experiences I have been through.

This document has information about how to help me feel more comfortable.

### Check the boxes that apply to you:

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Please let me move through the appointment at my own pace

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Please ask me if it's okay before you touch me

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Please let me know before you touch me

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Please explain the different parts of the procedure - what you will do and why before you do them

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If I want to pause or stop, I'll let you know by:

Some examples: *Saying "stop" | Saying the following word or phrase "\_\_\_\_\_"*  
*Putting my hand up | Knocking on the side of the bed, or a nearby object*

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This will help me feel more comfortable:

Some examples: *I would prefer to keep my skirt on during my appointment | I would prefer to guide the speculum in myself | I will let you know when to start by "\_\_\_\_\_"* | *I would be more comfortable sitting upright than lying down*

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Other things I'd like you to be aware of:

Some examples: *Because I sometimes feel anxious during healthcare appointments, reminding me to do my box breathing OR my grounding technique "\_\_\_\_\_"* might help | *Please do not share this information with other healthcare professionals | Please share this information with other healthcare professionals/keep it on my file, so I do not have to share it again | These words are sometimes triggering, please don't say them: "don't worry", or "relax", or "\_\_\_\_\_"* | *Please be aware that I might need to stop the procedure and reschedule for a different time.*

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