



# Menopause and cervical screening



## What is menopause?

Menopause is when menstruation has not occurred for 12 months, commonly occurring between 45 and 55 years of age. The levels of oestrogen and progesterone hormones change at this time, and can result in a range of symptoms.

## Do I still need a Cervical Screening Test if I have been through menopause?

Yes. The National Cervical Screening Program recommends all women between the ages of 25 and 74 have regular Cervical Screening Tests to reduce the risk of developing cervical cancer.

You should continue regular cervical screening after menopause even if you are no longer sexually active.

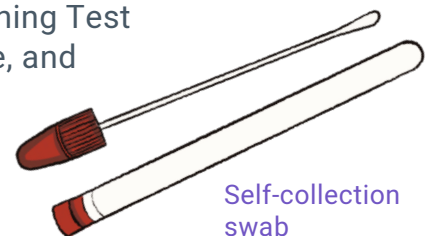
After menopause, you may be reluctant to have a screening test. Changes to oestrogen levels may cause vaginal dryness, which could affect how comfortable your Cervical Screening Test feels. If you are concerned about this, talk with your healthcare provider as they may have some suggestions to make it more comfortable.

## Can I collect my own sample?

Yes, you have the option to take a self-collected Cervical Screening Test if you have been through menopause, are under 75 years of age, and do not have any symptoms.

You can still choose to have your healthcare provider collect your sample.

Both options are accurate, safe and effective.



Self-collection swab

**For more information call (08) 6458 1740  
or email the WA Cervical Cancer Prevention Program at  
[cervicalscreening@health.wa.gov.au](mailto:cervicalscreening@health.wa.gov.au)**



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