# Denise Asks Awkward Questions – Full Pooh Bear

**Denise:** Hello everybody. I'm comedian Denise Scott, and welcome to Denise asks Awkward Questions with Jean Hailes. Today I'm joined by the gorgeous Jess Davis, practice nurse at Jean Hailes. Now the thing about nurses is that they see and hear everything. So Jess is going to give us the inside goss. So let's get cracking and get awkward.

Now Jess, there are many hilarious questions about going to the doctor, but I'm gonna start with one of my favorites, Mary from Glenelg in South Australia asks, "How weird will it be if I wear pants to a cervical screening? I know a skirt would provide better access, but I haven't worn a dress since Catholic school." Nor have I come to think of it.

"Will the doctor be freaked out if I go full poo bear?" It's a tremendous image, isn't it, Jess?

**Jess:** It is. It's a wonderful image. But I would say for anyone coming for a cervical screening test, there are no rules. The main message is to just wear whatever is comfortable for you.

**Denise:** So it's cervical, not cervical.

**Jess:** It is cervical. That's just,

**Denise:** I did not know.

**Jess:** I know. I think we use both of them interchangeably and that's absolutely fine. We will ultimately know what you're talking about, but it is the American way of saying it.

**Denise:** Cervical.

**Jess:** Cervical or cervical.

**Denise:** Um, now I've got distracted from the answer you gave to the question.

**Jess:** So really the end result is the same when you are gonna get undressed we're gonna give you privacy to do that. So whether you are pulling up a skirt or a dress or taking off your pants and your undies, the end result is the same for us, and it's not about making us more comfortable or avoiding freaking us out. It's about you being comfortable. So wear what you would you normally wear.

**Denise:** So in my case, a little bikini.

**Jess:** Absolutely!

**Denise:** If it's summer.

**Jess:** If that's what you'd head off, head outta the house in normally, then wear your bikini to the clinic. That's fine.

**Denise:** Do you ever, check out what people are wearing?

**Jess:** No, I think you're giving me too much credit. I don't take notice of that many things. I'm there to look at the vulva, talk about, you know, our cervix, our uterus, our ovaries, how our menstrual cycle's going, and I'm really not a... observant enough to be checking out people's outfits. And it would be a bit hypocritical. I can't say my fashion's always on point either.

**Denise:** No. And you wouldn't be prepared to say perhaps you need a new pair of underpants.

**Jess:** Yeah, exactly. And as an aside, like cervix looks great, but maybe it's time you head to an outlet and get yourself for a four pack of bonds.

**Denise:** So a question from Hansa who lives in Toowoomba, Queensland. How neat and tidy do I need to be for my cervical screening? Just a quick trim or do I need the full Brazilian?

**Jess:** So there are absolutely no rules. I would just say to come to your appointment how you would be on any other day. Full pubic hair, that's completely fine. That's natural, so that's a sign of a healthy vulva. But we also know that shaving and waxing is really popular. So there's really not gonna be much that can take us by surprise.

**Denise:** Anything goes.

**Jess:** Absolutely.

**Denise:** You know, I had a friend who recently, who was the birth partner for her daughter. So my friend suggested to her daughter, before giving birth, she have a cleanup down below. And it was her daughter who said, "Who would I be doing that for mum? Like who? Who's gonna be looking?" And, well, she said, well, the medical staff. But then my friend who was the birth partner, saw the birth happen and came back and said, "Oh my God, the last thing you're looking at is pubic hair."

**Jess:** And that's exactly right. I think that's a really good point to make because who would you be doing it for? Like you're not there to dazzle us with your pubic hair, so no sort of arrangement or shapes, designs that you could do with your pubic hair. It's, you know, a pleasant surprise for us if that's what you normally have going on, but, You don't need to trouble yourself that much.

But it's something that we do see a lot. Like I do have women worry and say, oh, sorry, like I should have cleaned up a bit more down there. But it's really not necessary.

**Denise:** So nothing surprises you?

**Jess:** Nothing surpris- well, I'm not gonna say nothing, but I would say it would take a lot to surprise me.

**Denise:** All right. That's it for today. If I'm not here and you have more questions, go to jeanhailes.org.au.

Bye everybody.

Information about Jean Hailes for Women’s Health

Jean Hailes for Women's Health is a national not-for-profit organisation dedicated to improving the health of all women, girls and gender-diverse people. For free, evidence-based and easy-to-understand health information, visit [www.jeanhailes.org.au](http://www.jeanhailes.org.au).

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