

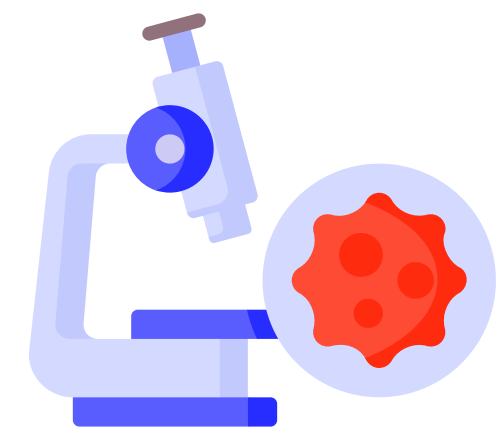
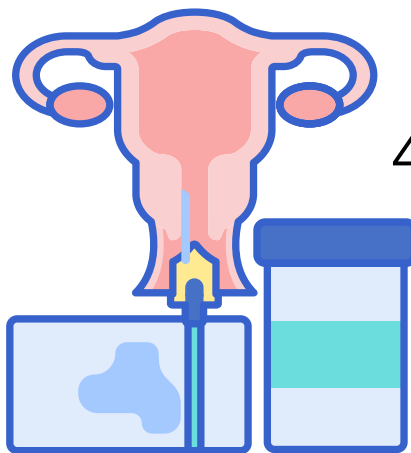


## What to expect:

# PAP TEST

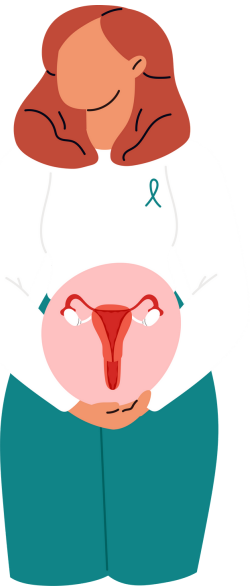
### WHAT HAPPENS?

1. Your healthcare provider will ask you to put on a drape and position yourself so that your feet are supported by the provided stirrups
2. The doctor will then insert an instrument called a speculum with will expand the vaginal walls, you may feel some pressure and uncomfortable with this
3. a soft brush and spatula (a flat scraping device) are used to take samples of cervical cells
4. These cells are placed into a container containing a liquid to preserve these cells and this is then sent off to the lab to be tested for any abnormalities



### WHY ITS DONE?

A pap smear is an in-office procedure performed to screen for cervical cancer. It is recommended that women over the age of 21 and women that are sexually active have pap tests.



### HOW DO I GET READY?

For a pap test to be most effective you should avoid intercourse, douching and using any vaginal medicines or creams prior to your exam. It is also best to schedule your pap test when you are not menstruating, although light bleeding or spotting is okay.



### WHAT ARE THE RISKS?

A pap test is a very effective and safe way to screen for cervical cancer, however, there is a risk of obtaining a false negative result which can be a result of different factors such as an inadequate collection of cells, small number of abnormal cells collected or blood or inflammation obscuring cells.

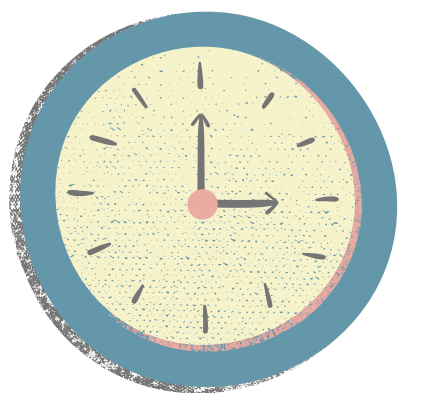


### WHAT HAPPENS AFTER?

After a pap test there are no restrictions and you can go about your day.

### HOW LONG DOES THE OPERATION TAKE?

The time for the procedure is roughly 15 minutes and is done in office.



## RESULTS AND FOLLOW UP

There are two types of results you can obtain from a pap test, normal or abnormal. If your results are normal you do not need to schedule any follow-up appointment but you should have a repeat pap test every 3 years. If the results obtained are abnormal you should have a follow-up with your healthcare provider to review and discuss further testing options. An abnormal result does not mean you have cervical cancer there are different types of abnormal results. A colposcopy and/or biopsy may be suggested by your healthcare provider to provide further diagnosis.

