

WHEN

For more information, call the
toll-free number:

1-866-PAP-EXAM
(1-866-727-3926)

or visit our Web site at
WWW.CANCERBOARD.AB.CA/ACCSP



Alberta Cervical Cancer
Screening Program

2200 17th Street S.W.
Calgary, Alberta T2S 0A5

Local Contact Information:

**IF YOU ARE BETWEEN THE
AGES OF 18 AND 69
AND HAVE EVER HAD
SEXUAL INTERCOURSE,
THEN YOU NEED TO
HAVE A PAPER**

UNDER REVISION

It is important to give your balance

Balance on the right in your circle of life means:

- Having regular tests so that cervical changes can be found early enough to be treated and cured.
- Keeping appointments for any follow-up that is needed.
- Asking questions of your doctor, nurse or healthcare provider.

was your last

PAP TEST?



Alberta Cervical Cancer
Screening Program

This pamphlet is based on
the Alberta Clinical Practice Guideline (CPG)
for Cervical Cancer Screening

January 2006

C A R I N G F O R Y O U R S E L F

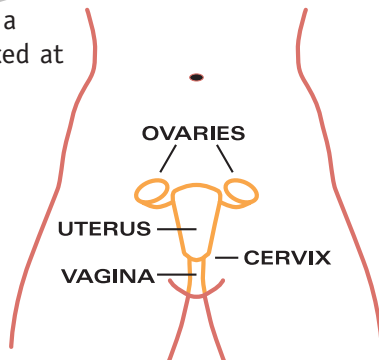
Women, as the givers of life, have a responsibility to the Creator, themselves, their family and the community to maintain their physical, spiritual, emotional and mental well-being.

WHO SHOULD HAVE A PAP TEST?

- If you are between the ages of 18 and 69 and have ever had sexual intercourse then you need to have a Pap test.
- You may still need to have a Pap test even if you have had a hysterectomy (an operation to remove the uterus and maybe ovaries or cervix). Talk to your healthcare provider (doctor, nurse or other provider).

WHAT IS A PAP TEST?

- A Pap test is a simple test that can find changes in the cells that line the cervix.
- Your healthcare provider will use a special instrument called a speculum to look into your vagina that allows her to see the cervix.
- A small number of cells are gently taken from the cervix.
- The cells are sent to a laboratory to be looked at under a microscope.
- A Pap test does not check for STDs/STIs (sexually transmitted diseases/infections).



Source: PEI Cervical Cancer Screening Program

HOW DO YOU PREPARE FOR A PAP TEST?

Make an appointment with your healthcare provider to have a Pap test.

Before The Visit:

- Write down any questions you may want to ask.
- Do not have sex or use any vaginal products compared to talk about your medical history.
- Do not have sex or use any vaginal products. This is if you are having any vaginal bleeding or spotting.
- Do not have sex or use any vaginal products for 24 hours before your last period started.

For Best Results:

- Book your appointment for a time when you are not having your period.
- Avoid douching (using a water solution to clean the inside of the vagina) for 24 hours before the test.
- Avoid having sex for 24 hours before the test.
- Avoid use of birth control creams or jellies before the test.

WHAT DO YOU DO AFTER A PAP TEST?

- Follow up with your healthcare provider regarding the results.
- **Early detection is a key factor for cervical cancer. It is important to get regular Pap tests.**
- **Most cases of cervical cancer can usually be cured if found and treated early.**
- **Since the Pap test (like many medical tests) is not perfect, it is important to be tested on a regular basis to lessen the chance of missing any abnormal cell changes.**

