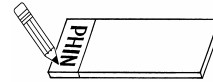


## The Pap Test Procedure: Dual Sampling Technique

Correct sampling technique increases the adequacy of the sample and decreases the risk of false negative results.

- (1) Label the Pap test slide with the woman's PHIN (use a pencil or the label provided by the laboratory).
- (2) Insert an appropriately sized metal or plastic speculum and inspect the cervix (warm water may be used to lubricate the speculum if necessary).
- (3) Take STI specimens if required. Gently wipe away excessive discharge/mucous on the cervix with an oversized cotton swab. This should be done as gently as possible to avoid removing the cervical cells to be sampled.

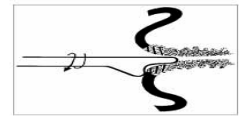


### Reminder:

- The cytobrush should not be used in pregnant women. Instead, use a saline-moistened cotton swab.

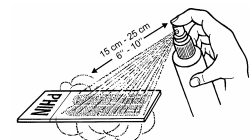
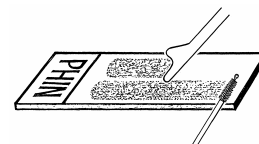
### Sampling the Ectocervix with the Spatula

- (4) Using the spatula, insert the bifid end with the more elongated tip going into the cervical os so that the spatula is horizontal at the 3 and 9 o'clock position. Use firm pressure and rotate the spatula 360°.
- (5) Apply the sample gently on one half of the slide (horizontally) in a single uniform motion. Do not rub it back and forth as this will damage the cells.



### Sampling the Endocervix with the Cytobrush

- (6) Insert the cytobrush gently all the way into the cervical os but no further than the end of the bristles and turn 90° only.
- (7) Apply the brush sample to the other half of the slide (horizontally) rolling the sample on in one motion. Too much pressure can destroy the cells.
- (8) Immediately spray cytologic spray fixative evenly across the slide at a distance of 15-25 cm (6-10").
- (9) Allow slide to dry before closing blue mailer.
- (10) Slowly withdraw the speculum, discard gloves and wash hands.



**Any visual cervical abnormalities and/or abnormal symptoms must be investigated.**

**Refer to the Pap Test Learning Module at [www.TellEveryWoman.ca](http://www.TellEveryWoman.ca) for more details.**