

CANCER SCREENING SAVES LIVES.

1

Help Stop Cervical Cancer

Most women age 21-69 who have ever had sexual contact should have a Pap test every 3 years. Transgender and non-binary people age 21-69 who have ever had sexual contact and have a cervix should have a Pap test every 3 years.

CancerCareManitoba
ActionCancerManitoba
BreastCheck CervixCheck ColonCheck



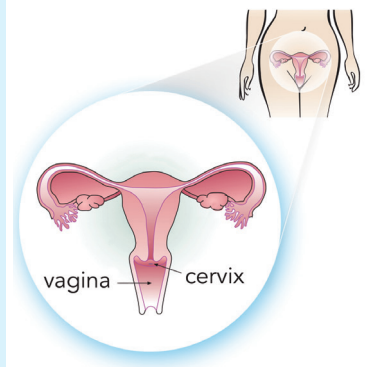
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CervixCheck, CancerCare Manitoba invites Amina to get a **Pap test**. Amina calls her doctor or nurse to make a Pap test appointment.



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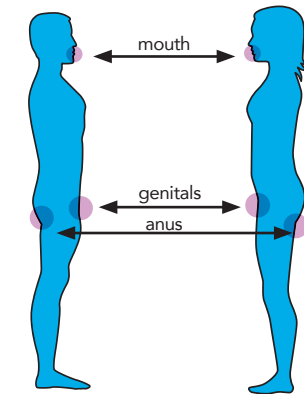
Human papillomavirus (HPV) can cause abnormal cells on the **cervix** and can lead to **cancer**. HPV is passed from person-to-person through sexual contact.



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Sexual contact includes:

- ▶ skin-to-skin contact of the mouth, genitals or anus between any two people.
- ▶ sex with shared sex toys.



5

When Amina makes the appointment, she can ask for:

- ▶ help to move her body,
- ▶ an **interpreter**, and/or
- ▶ a female healthcare provider.



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On the day of the Pap test appointment, Amina should:

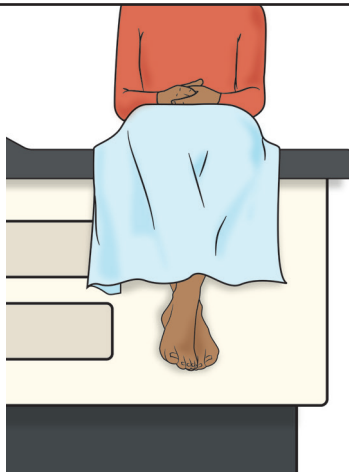
- ▶ wear an outfit with a separate top and bottom or a dress.
- ▶ bring her **Manitoba Health Card**.



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The doctor or nurse will ask Amina to:

- ▶ remove clothes from the bottom half of her body.
- ▶ cover her legs with the drape.



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During the Pap test, the doctor or nurse will ask Amina to:

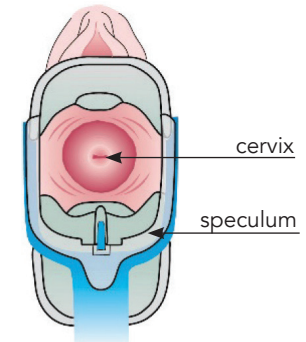
- ▶ place her feet in footrests.
- ▶ let her knees fall to the sides of her body.



9

Amina's doctor or nurse will insert the **speculum** into Amina's vagina and open the speculum to see the **cervix**.

The speculum may feel cold. Amina may hear a clicking sound.



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The Pap test may be uncomfortable.

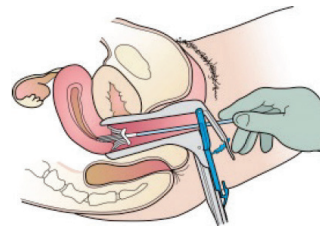
If Amina feels uncomfortable, she should tell the doctor or nurse.



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Amina's doctor or nurse will collect cells from the cervix using the **broom** and remove the speculum.

The cells will be sent to a lab. Amina's result will either be **normal** or **abnormal**.



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If the lab does not see abnormal cells, Amina's result is **normal**.

CervixCheck will send Amina a letter in 3 years to remind her to get another Pap test.

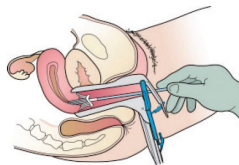


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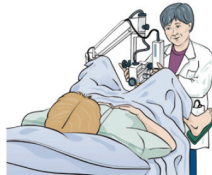
If the lab finds **abnormal cells**:

1. Amina's doctor or nurse will call her to tell her the result, and
2. Amina will need to have a repeat Pap test in 3-6 months or be sent for a different test called **colposcopy**.

If cancer is found, Amina will need to go for cancer treatment.



repeat Pap test

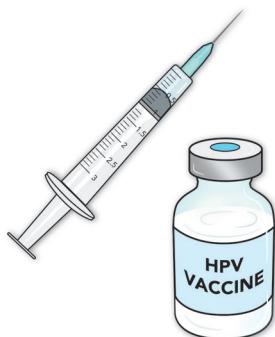


colposcopy




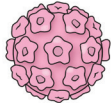





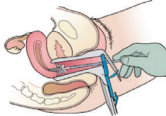

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To prevent cervical cancer:

1. Get checked with a Pap test every 3 years if between age 21 and 69.
2. Get the **HPV vaccine**. Talk to your doctor or nurse to learn more or visit preventHPVcancers.ca



VOCABULARY

	Broom: A device used to collect cells from the cervix.		HPV vaccine: A vaccine that can help prevent a person from certain types of HPV.
	Cancer: A serious illness in the body caused by an uncontrolled growth of cells. Cancer can make you sick and even lose your life.		Human papillomavirus (HPV): A virus that can cause warts, abnormal cells and cancers of the cervix, vulva, vagina, mouth, throat, anus, or penis.
	Cervix: The bottom part of the uterus.		Interpreter: A person who can help you communicate in your preferred language.
	CervixCheck, CancerCare Manitoba: The cervical cancer screening program in Manitoba. Cancer screening means getting checked for cancer.		Manitoba Health Card: A card that allows you to have health care for free.
	Colposcopy: A test that uses a microscope on the outside of the body to look closely at the cervix. A colposcopy is done by a doctor called a colposcopist.		Pap test: Looks for abnormal cells on the cervix caused by HPV.
			Speculum: A device used to hold the vagina open so the healthcare provider can see the cervix and collect cells from the cervix.

1-855-952-4325
cancercare.mb.ca/screening

 Interpreter services available.

Veuillez nous contacter pour obtenir ces renseignements en français X-BKLT-ILLUSTRATED-E