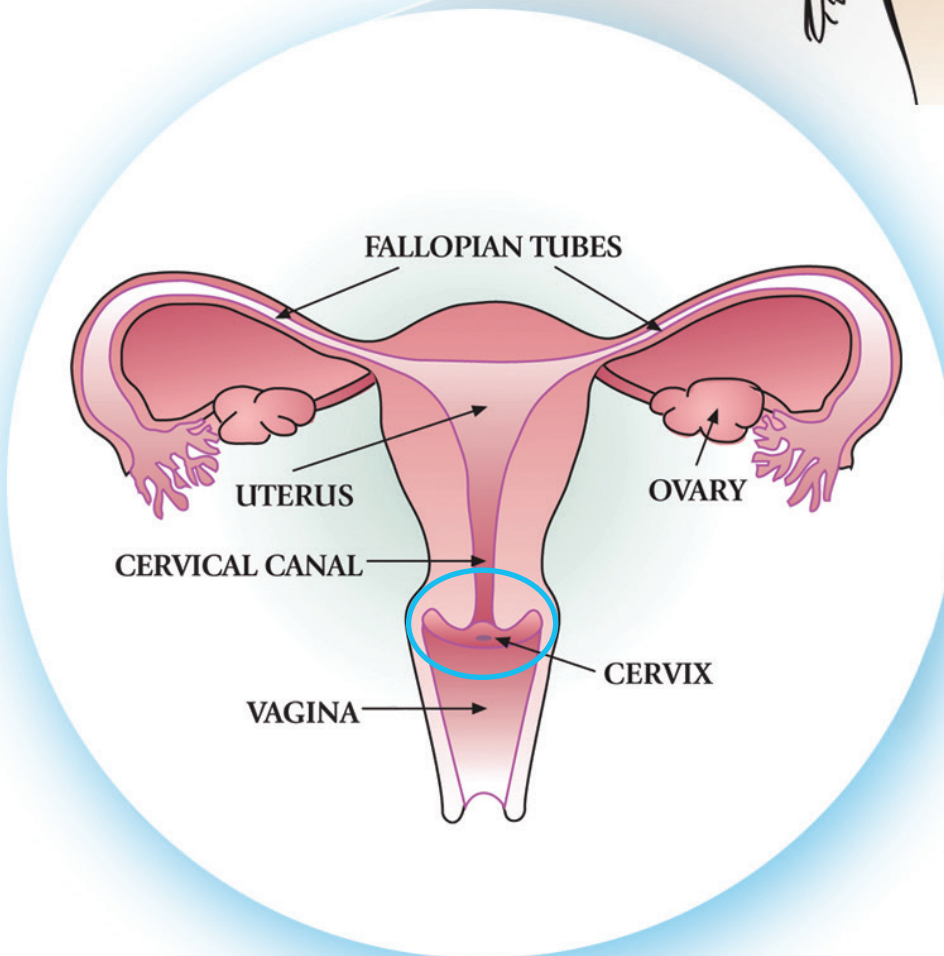
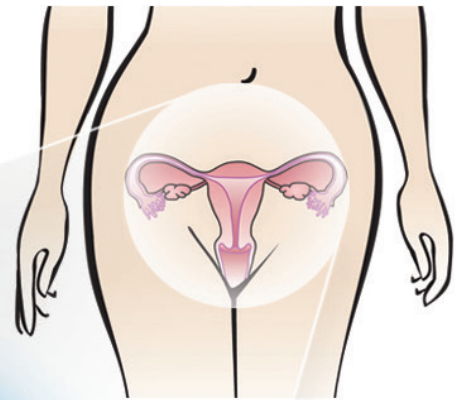


# The Pap Test

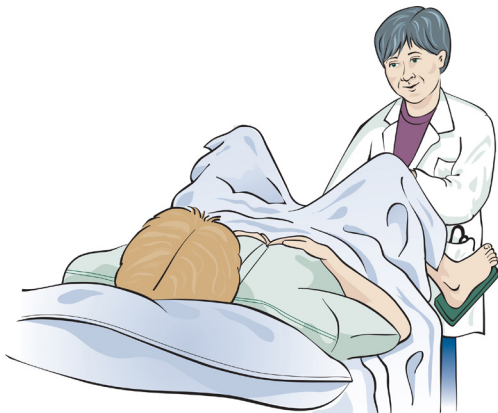
A Pap test checks for abnormal changes on the cervix. Sometimes these abnormal changes can become cancerous. A Pap test can find these changes before they turn into cancer. Most women age 21-69 who have ever been sexually active should have regular Pap tests every 3 years.

## Where is the cervix?

The cervix is the bottom part of the uterus, found at the top of the vagina.

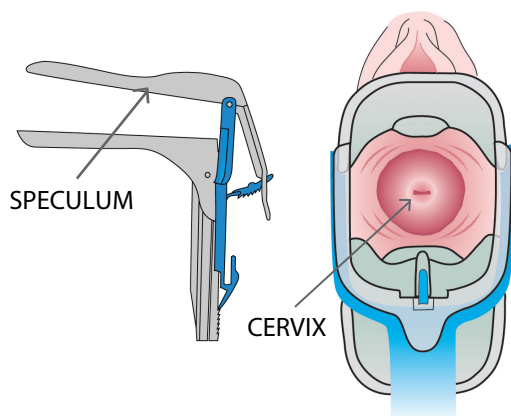


# What to expect during a Pap test...



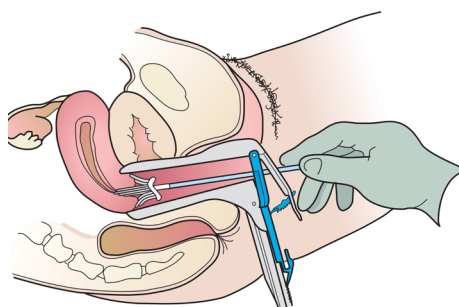
You will be asked to undress from the waist down and lie on an exam table with your feet in foot rests.

Allow your knees to fall away from each other.



A speculum is used to open the vagina and examine the cervix. Breathe deeply to help calm your muscles. This allows the speculum to be inserted more easily.

You may feel some discomfort, but you should not feel pain. If you feel pain, be sure to let your doctor or nurse know.



A small broom-like device is used to collect cells from the cervix.



Cells are dropped into a vial and sent to a laboratory to be examined.

Contact your health care provider or CervixCheck for your Pap test result. Most Pap test results are normal. If your result is abnormal, you may need a repeat Pap test or colposcopy. Most women who have follow-up and/or treatment for an abnormal Pap test result will never get cervical cancer. Visit our website for more information.

[cancercare.mb.ca/screening](http://cancercare.mb.ca/screening)

1-855-95-CHECK



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