

Living strong and looking after your health is important. If you are over 18 and have ever had sex, you need a Pap test every two years.

What is a Pap test?

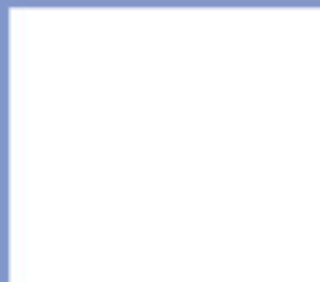
A Pap test is a simple and safe test that can find unhealthy changes in the cells of the cervix (entrance of the womb).

Why do women need to have Pap tests?

- A Pap test can find unhealthy changes in the cells of the cervix.
- Unhealthy changes can be treated if found early.
- A Pap test every two years helps find unhealthy changes early.

Have a Pap test every two years. It could save your life.

Make an appointment for a Pap test with your doctor or nurse today or talk to your local Aboriginal health worker about Pap tests and cervical cancer.



NSW
CERVICAL
SCREENING
PROGRAM



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What if I don't have any problems?


Pap tests are for well women. If you have any problems, like bleeding or pain, don't wait. See your doctor or nurse straight away.

How is a Pap test done?

- It does not take long and is completely safe.
- It can be uncomfortable but it should not hurt.
- A small sample of cells is taken from the surface of the cervix.
- The sample is put onto a glass slide and sent to a laboratory to be tested.

How do I get my results?

- Ask your doctor or nurse how you will get your result.
- Most women's Pap tests are entirely normal.
- A small number of Pap tests show changes which may need more tests.
- If you do require more tests, don't worry, most changes are not cancer.



What if I forget to have my next Pap test?

- The NSW Pap Test Register is a confidential reminder system.
- Results of all Pap tests are sent to the Register.
- The Register sends reminder letters if you are overdue for your next Pap test.
- Tell your doctor or nurse if you do not want to be on the Register.
- If you are not on the Register, you cannot receive reminder letters.

Do I need a Pap test if I've had the HPV vaccine?

- All females, whether vaccinated against HPV or not, should have two yearly Pap tests.
- The HPV or cervical cancer vaccine does not protect against all the HPV types of viruses that can cause cervical cancer.

How do I make an appointment for a Pap test?

Call or visit your local Aboriginal health worker, doctor or nurse.