

HAVING A PAP TEST

What is a Pap test

A Pap test is only for women. It helps to prevent cancer. It can save your life.

If you are over age 18 and you have had sex you should see your doctor to have a Pap test.

Even if you have had a needle for HPV you should still have a Pap test if you have had sex.

A Pap test is a check-up to make sure that your vagina and cervix are healthy. It checks to see if there are any changes inside the vagina or on the cervix.

Most women need a Pap test every 2 years. If there are any changes they are found early. This means that they can be treated. If the changes are not found and treated they could lead to cancer.

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What happens when you have a Pap test



Tell the receptionist that you want a Pap test so she can book a long appointment.

You can ask to see a lady doctor.

You can take someone with you to the doctor.

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Tell your doctor if you want to have a practice Pap test first. Your doctor can talk about what happens in the Pap test. You can see the things that are used to do a Pap test. You can lie on the bed like in a real Pap test. Your next visit to the doctor would be the real Pap test.

It is important to tell the doctor if you feel worried or scared. You can tell the doctor to stop doing the Pap test at any time.



Don't have a Pap test if you are having your period.

Before you go in to see the doctor make sure you go to the toilet to do a wee.

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When you have the Pap test you will need to lie down on the bed in the clinic and take off your underpants.

To do a Pap test the doctor will put an instrument into the vagina to keep it open. The doctor will use a very small brush to touch the inside of your vagina and your cervix to make sure it is healthy. The doctor will also look inside your vagina. This is not sexual touching.






It only takes 15 minutes to have a Pap test.

A Pap test is uncomfortable but it could save your life.

You can decide whether you want to have a Pap test or not. It is your decision.

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Where can you find out more		
<p>Family Planning NSW Healthline You can speak to a nurse about Pap tests. There are lots of fact sheets available on the website. There is a library where you can borrow books. They will post them to you.</p>	 	<p>1300 658 886</p> <p>www.fpnsw.org.au</p>
<p>Pap test: the plain facts Booklet in plain English with pictures.</p>		<p>www.cddh.monash.org/</p>

Other fact sheets in this series you may want to read

ASKING QUESTIONS ABOUT YOU

BEING HEALTHY AND HAPPY

HEALTHY EATING

BREAST HEALTH