



The regular PAP test *it can save your life*

Take The Time...

Good Health Is For Life

Ontario Cervical Screening Program

What Is a Pap Test?

A Pap test:

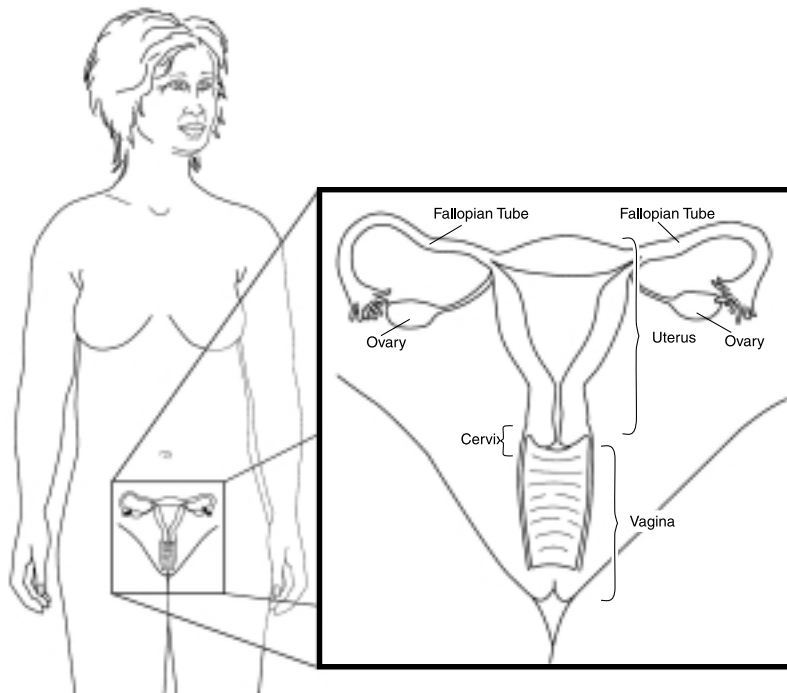
- is for women
- looks at the health of your cervix
- is done by a doctor or nurse

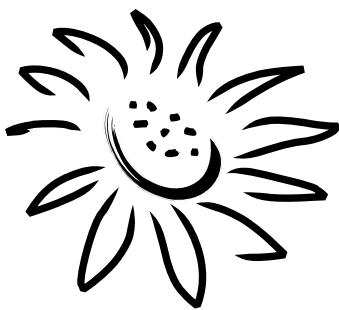
What Is The Cervix?

- it is found at the top of the vagina
- it is the opening of the uterus (womb)

Why Do You Need a Pap Test?

- a Pap test is part of taking good care of your health
- cancer can grow on your cervix and may take many years to develop
- cancer starts with small changes
- a regular Pap test finds unhealthy changes early
- these changes can be treated





When Is The Best Time For a Pap Test?

- when you do not have your monthly bleeding (period)
- when you have not had sex for one day (24 hours)
- when you have not put anything such as foams or medicine in your vagina for two days (48 hours)

Who Needs a Pap Test?

- all women need a regular Pap test once they start having sex (intercourse)
- ask your doctor or nurse when you should have a Pap test

Make A Pap Test Part of Your Regular Health Check-Up

For More Information:

- Talk to your doctor or nurse
- Visit the Ontario Cervical Screening Program's web site
www.cancercare.on.ca/cervical/home.html
- Call the Canadian Cancer Society's Information Specialists at
1-888-939-3333 or visit **www.cancer.ca**
- Call your local Public Health Unit - phone numbers can be found in the phone book or at: **www.alphaweb.org**



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