

## Pap Test: Before Your Appointment

Your healthcare provider has scheduled a Pelvic Exam with Pap test. A Pap test detects cell changes that may lead to cervical cancer. Your provider will collect a sample of cells from the cervix, the lower part of the uterus (womb), to check for pre-cancerous and cancerous cells. This sample is then sent to the laboratory for testing.

To ensure the Pap test is as accurate as possible, and to avoid having to return for a repeat Pap test, please follow these recommendations:

- **5 days before your appointment:** Stop use of vaginal moisturizers (e.g. Replens).
- **48 hours before your appointment:** Refrain from sexual intercourse
- **48 hours before your appointment:** Avoid the following as they may decrease the quality of your sample:
  - Personal lubricants
  - Spermicides
  - Intravaginal medications
  - Douching
  - Tampons
- When possible, please schedule your visit for 2 weeks after the first day of your last menstrual cycle. Try not to schedule a Pap test during your menstrual period.

The frequency of Pap tests is not the same for everyone and depends on factors such as age, health history, recent Pap results, and whether or not you have HPV. If you are unsure whether you will have a Pap test performed during your pelvic exam, please contact your healthcare provider.