

Take the Time...

Good Health Is For Life

**Regular Pap tests
can save your life**

What Is a Pap Test?

A Pap test:

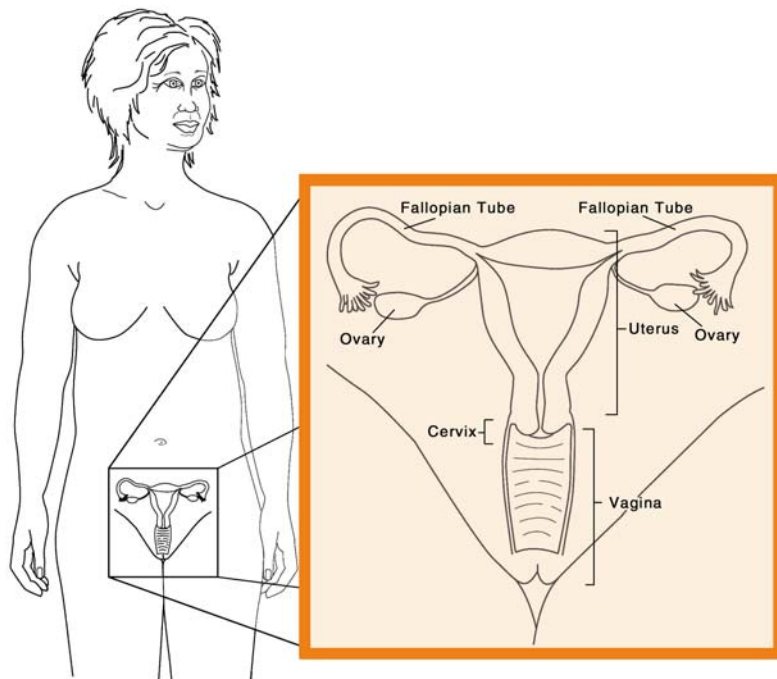
- n is for women
- n looks at the health of your cervix
- n is done by a doctor or nurse

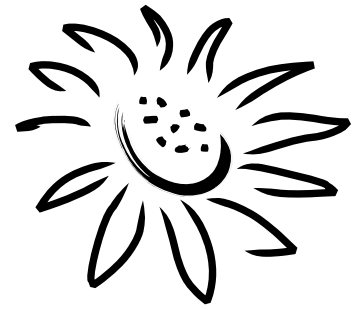
What Is The Cervix?

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

Why Do You Need a Pap Test?

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





When Is The Best Time For a Pap Test?

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

Who Needs a Pap Test?

- n all women need a regular Pap test once they start having sex (intercourse)
- n 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:

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

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ontario cervical
screening program
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