

WOMEN'S HEALTH

Having a Regular Pap Smear is Important



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800.508.2581

CERVICAL CANCER CAN BE FOUND EARLY WITH PELVIC EXAMS AND PAP SMEARS.

Cervical cancer can be found in its early stages if you have regular pelvic exams and Pap smears. It is very important that all women have this screening done. A yearly exam and Pap smear is your best protection against cervical cancer. Finding cervical cancer early means that treatment can start early. Early treatment has reduced the number of cervical cancer deaths by 75%.

WHAT HAPPENS DURING THE EXAM?

The exam takes place at your primary care physician's (PCP) office or at your gynecologist's office. You will be asked to undress from the waist down. You will be given a drape to cover yourself for privacy. A Pap smear is a simple procedure where the doctor brushes your cervix with a cotton swab or a small brush. The procedure is quick and it does not hurt. If your results are normal, your doctor may tell you to have this screening done again in 1 to 3 years.

This exam will only take 10 to 15 minutes. You do **NOT** need a referral from your primary care physician to see your gynecologist for this test. The laboratory that looks at your Pap smear will send a report of the results to your doctor.

YOU CAN SCHEDULE YOUR EXAM FOR AN EVENING OR SATURDAY AT MANY DOCTORS' OFFICES.



FOR MORE INFORMATION about women's health, call Care Management at 1.800.508.2581 (TTY: 1.800.473.0989).



DELAWARE HEALTH AND SOCIAL SERVICES

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