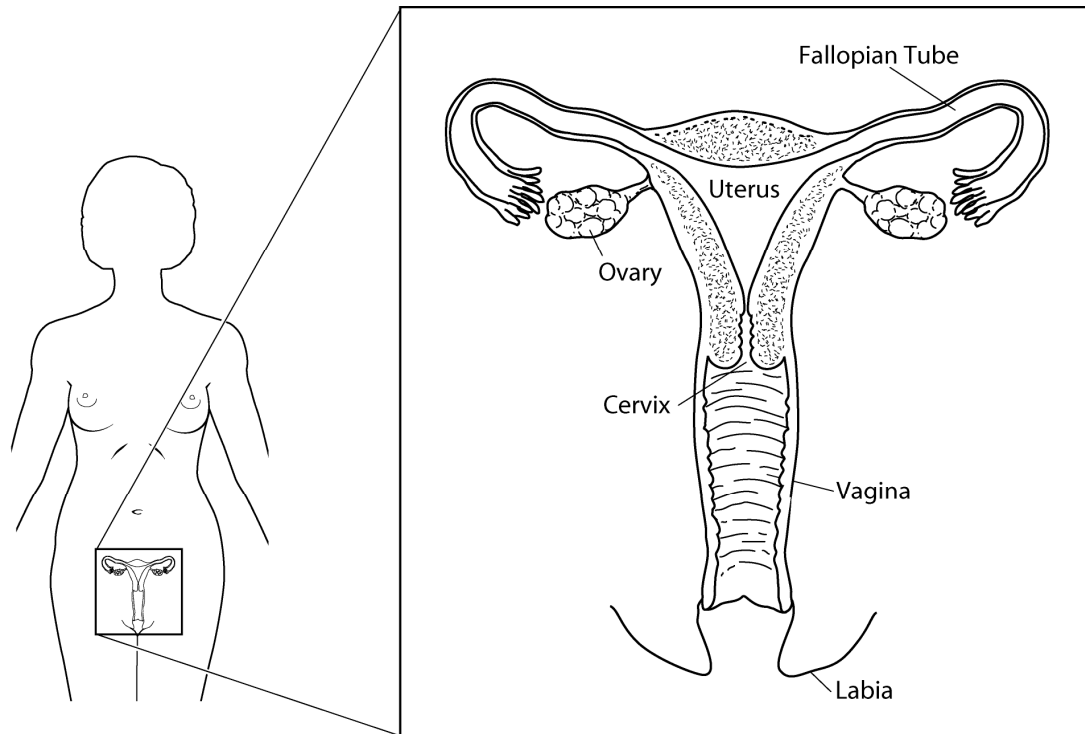


Female Exam and Pap Smear

A female exam is done to check for diseases of the vagina, cervix, uterus and ovaries. A pap smear is a test that checks for changes in the cervix, which may be an early sign of cancer. A breast exam may also be done.

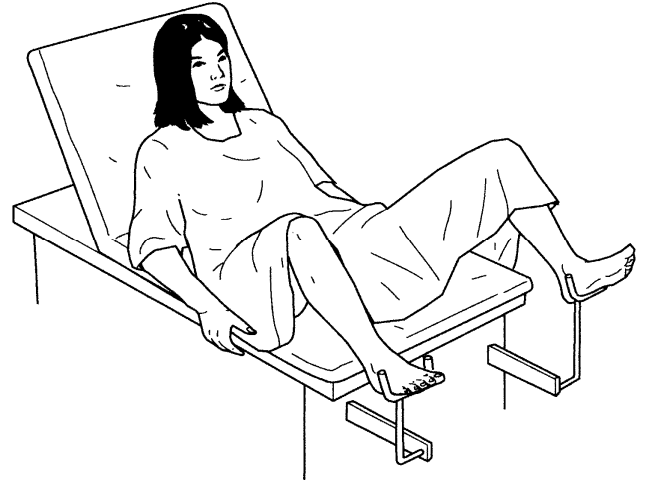


Women should have their first pap smear within three years of their first sexual activity or by age 21. After that, ask your doctor how often this test should be done based on your age and health history. Most women have the test every 1 to 3 years.

During the Test

- A nurse asks you about your health. Your blood pressure and weight are checked.
- The nurse takes you to a room. You may need to open your blouse or remove your top for the breast exam.
- You need to undress from the waist down. You will have a paper sheet to cover your legs and stomach while you are on the exam table.

- Your doctor may start with a breast exam, gently feeling each breast to check for lumps.
- After the breast exam, your doctor asks you to put your feet in the stirrups and move down toward the end of the table. Let your knees fall open.
- Your doctor sits near your feet and turns on a lamp to see your vagina during the test.
- Your doctor touches your inner thigh and vaginal opening to check for signs of infection, lumps or other problems.
- An instrument is gently put into your vagina. It holds your vagina open for the test. Take deep breaths through your mouth to help you relax. Let your doctor know if you feel any pain or discomfort.
- Your doctor wipes the cervix to get a few cells. This is called a pap smear. The cells are sent for testing.
- The instrument is removed.
- With gloves on, your doctor puts 2 fingers gently into your vagina.
- With the other hand, your doctor will press on your lower abdomen to feel the shape and size of your uterus and ovaries.
- When the exam is over, you can get dressed.



The office will contact you if your test results are not normal.

Talk to your doctor or nurse if you have any questions or concerns.