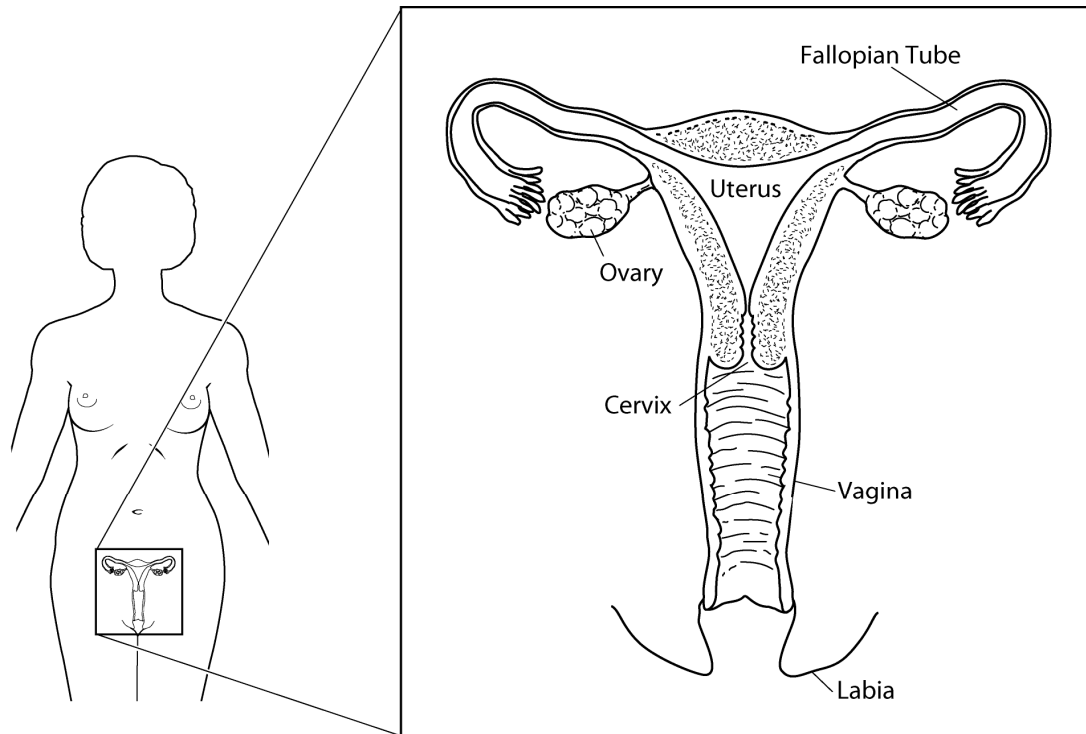


# Female Exam and Pap Smear

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.



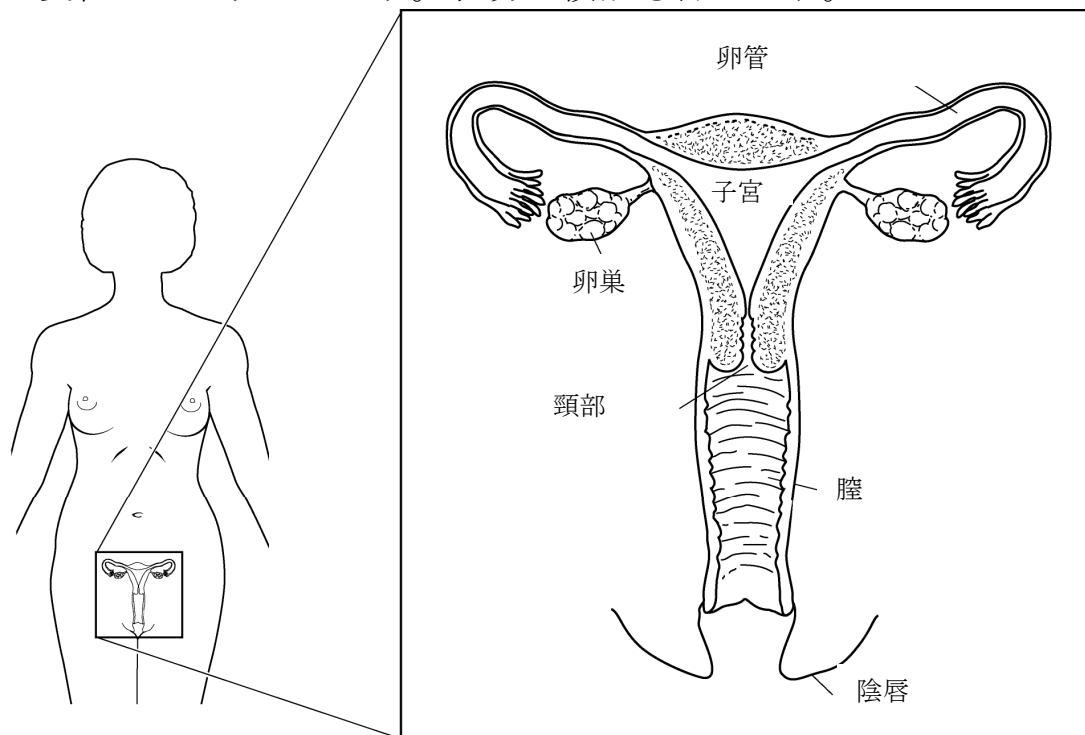
Women should have their first pap smear within three years of their first sexual activity or by age 21. After that, ask your doctor how often this test should be done based on your age and health history. Most women have the test every 1 to 3 years.

## 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.

# 婦人検診と子宮がん検診

婦人検診では、膣、子宮頸、子宮、および卵巣の病気を検査します。子宮がん検査では、がんの初期兆候として考えられる子宮頸の変化をチェックします。乳房の検診も行います。

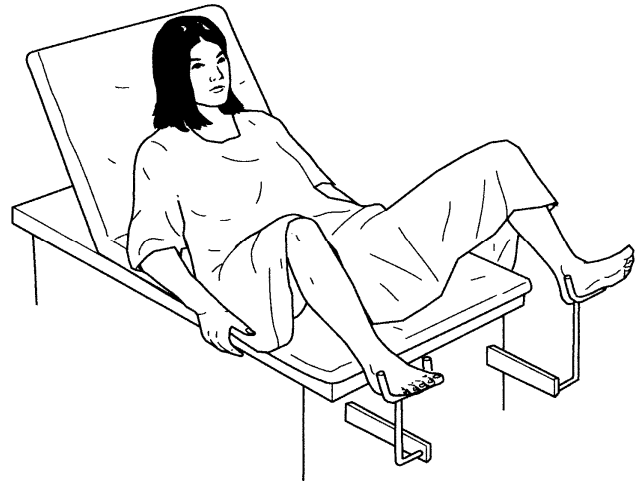


女性は最初の性行為から 3 年以内、または21歳までに最初の子宮頸がん検診を受けてください。その後は、年齢および健康歴を基に、この検診の頻度について医師の指示を受けてください。ほとんどの場合、1~3年に一度受診します。

## 検査中

- 看護師が健康状態を尋ね、血圧と体重を測定します。
- 看護師が別室へ案内します。乳房検査のためにブラウスのボタンを外したり、上半身は脱いでおく必要がある場合もあります。
- 下半身の衣類は脱いでおいてください。診察台の上では脚と腹部をペーパーシートで覆います。

- 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.



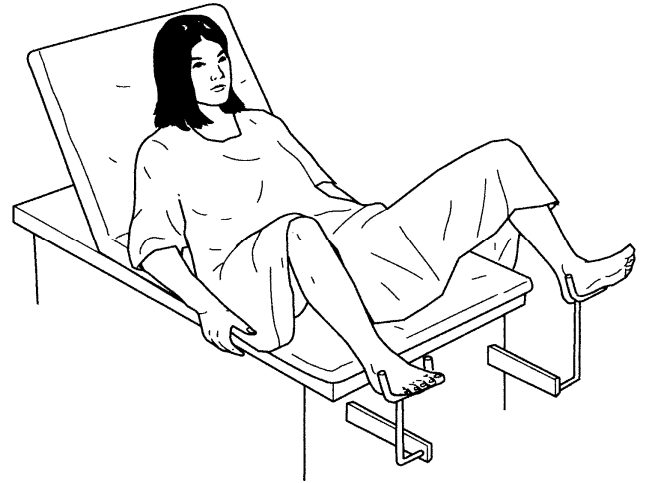
The office will contact you if your test results are not normal.

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

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- 乳房の検診から始める場合もあり、しこりがないかどうか乳房を片方ずつ丁寧に検査します。
- 乳房検査が済んだら、足を足置きに乗せて台の端まで体を動かすように指示されます。無理のないように膝を開きます。
- 医師が足の辺りに座り、膣が見えるように照明を当てます。
- 医師は太もものうち側と膣の入り口に触り、感染、しこり、またはその他の問題がないかチェックします。
- 膣には医療器具がゆっくりと挿入されます。これは検査の間、膣を開いておくためのものです。リラックスするために、口で深呼吸してください。痛みを感じたり不快感をおぼえたら、医師に伝えてください。
- 子宮の細胞を採取します。これをパップスメアと呼びます。採取細胞は検査へ送られます。
- 医療器具を取り出します。
- 医師は手袋をはめた2本の指をゆっくりと膣内に入れます。
- もう一方の手で下腹部を押して子宮と卵巣の形状とサイズを確認します。
- 検査が済んだら衣類を着てください。



検査結果に問題があれば、後日連絡があります。

質問や不明な事項については担当医師または看護師にご相談ください。

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Female Exam. Japanese.