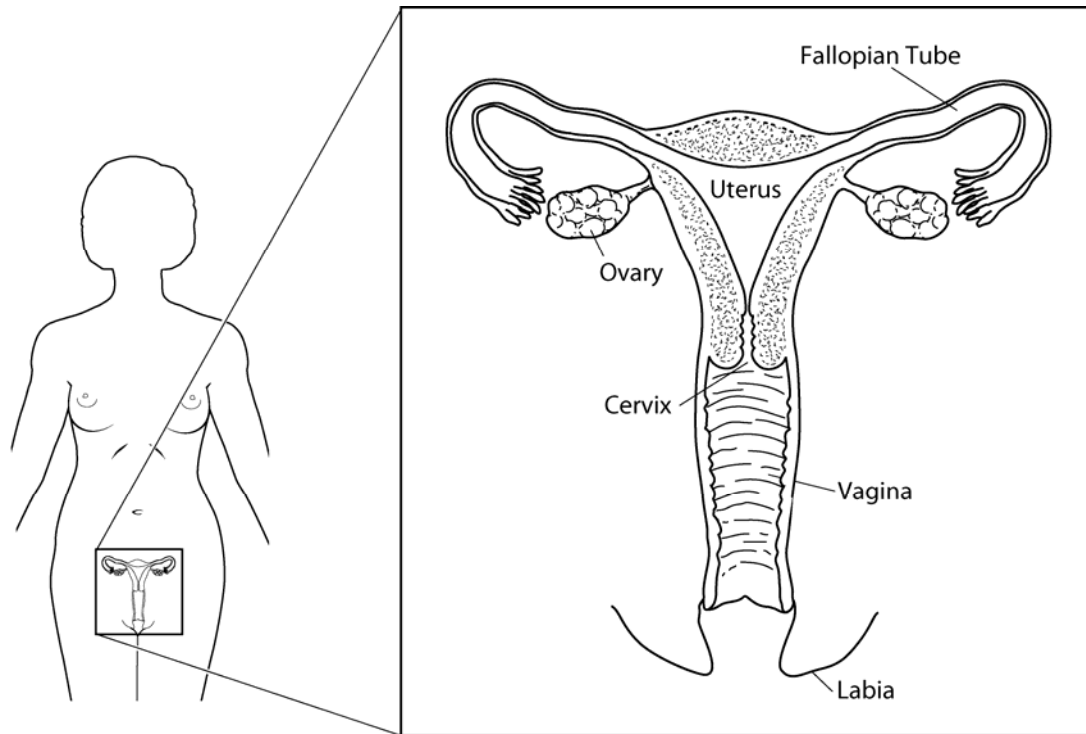


# Female Exam and Pap Smear

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.



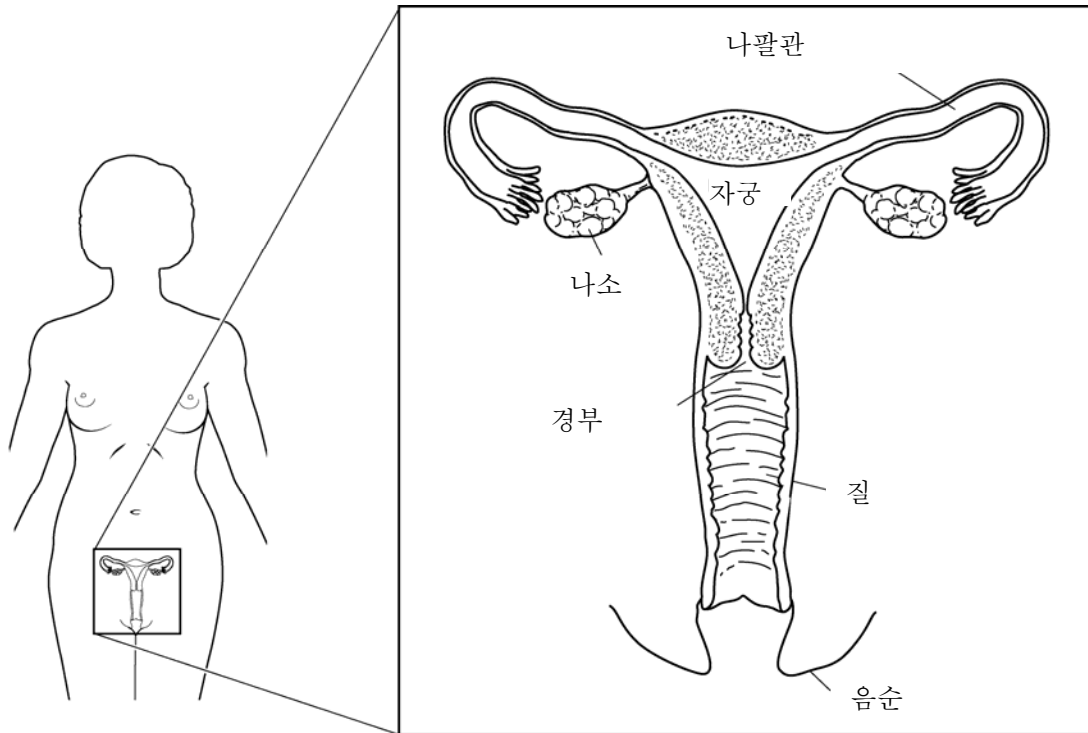
Women should have their first pap smear within three years of their first sexual activity or by age 21. After that, ask your doctor how often this test should be done based on your age and health history. Most women have the test every 1 to 3 years.

## 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.

# 여성 검사와 자궁 경부암 검사

여성 검사는 질, 경부, 자궁, 난소에 질병이 없는가 확인합니다. 자궁 경부암 검사 (pap smear) 는 자궁 경부에 어떤 변화가 있는지 확인하는 조기 암 진단입니다. 유방 검사도 함께 할 것입니다.

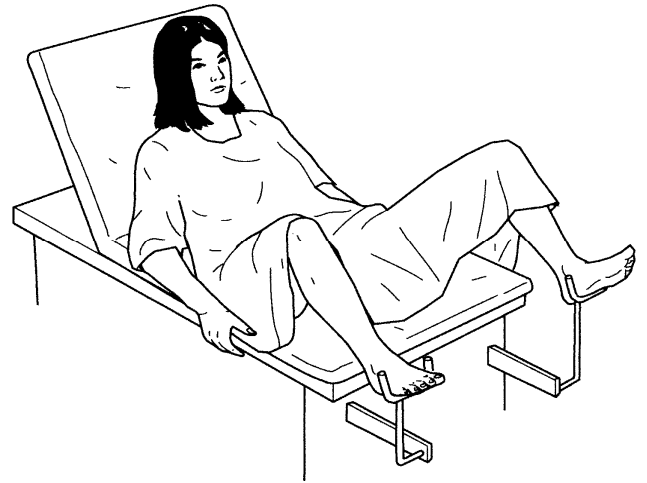


여성들은 성생활을 시작한 후 3년 안에 또는 21 세부터는 자궁 경부암 검사를 받아야 합니다. 그 후부터는 나이와 병력에 기준하여 얼마나 자주 검사를 받아야 하는지 의사에게 물어보십시오. 대부분의 여성들은 1-3 년에 한번 검사를 받습니다.

## 검사 중

- 건강이 어떤지 간호사가 물어볼 것입니다. 혈압과 체중을 잴 것입니다.
- 간호사가 검사실로 데리고 갈 것입니다. 유방암 검사를 위하여 블라우스를 열거나 상의를 벗어야 할 필요가 있습니다.
- 허리 아래로 옷을 벗어야 할 필요가 있습니다. 진찰 대에 누울 때 다리와 복부를 큰 종이 용지로 가릴 것입니다.

- 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.

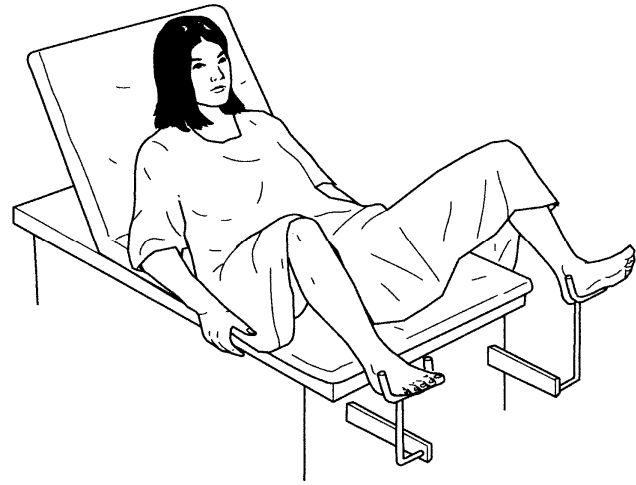
**Talk to your doctor or nurse if you have any questions or concerns.**

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Female Exam. Korean

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- 유방 검사 후, 두 다리를 등자 (다리 올려 놓는 틀)에 올려 놓고 검사대 끝으로 몸을 움직여 달라고 의사가 요청할 것입니다.  
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- 기구를 천천히 질 속으로 집어 넣습니다. 이 기구는 검사 중에 질을 벌려 놓습니다. 입으로 깊이 숨을 쉬면 좀 안정이 됩니다. 통증이 있거나 불편하면 의사에게 말하십시오.
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- 다른 손으로는 아래 배를 누르면서 자궁과 난소의 모양과 크기를 감지 할 것입니다.
- 검사가 끝나면 옷을 입으십시오.



검사 결과에 이상이 있으면 환자에게 연락할 것입니다.

**질문이나 문제가 있으시면 의사나 간호사에게 알려십시오.**

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Female Exam. Korean