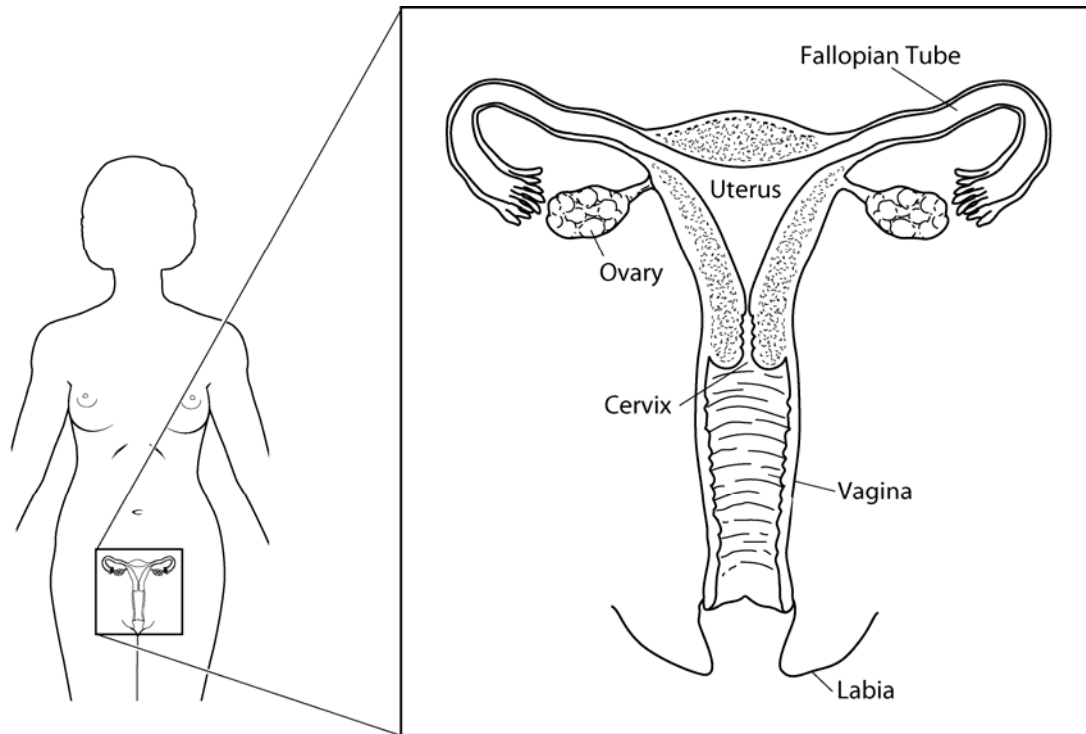


Female Exam and Pap Smear

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.



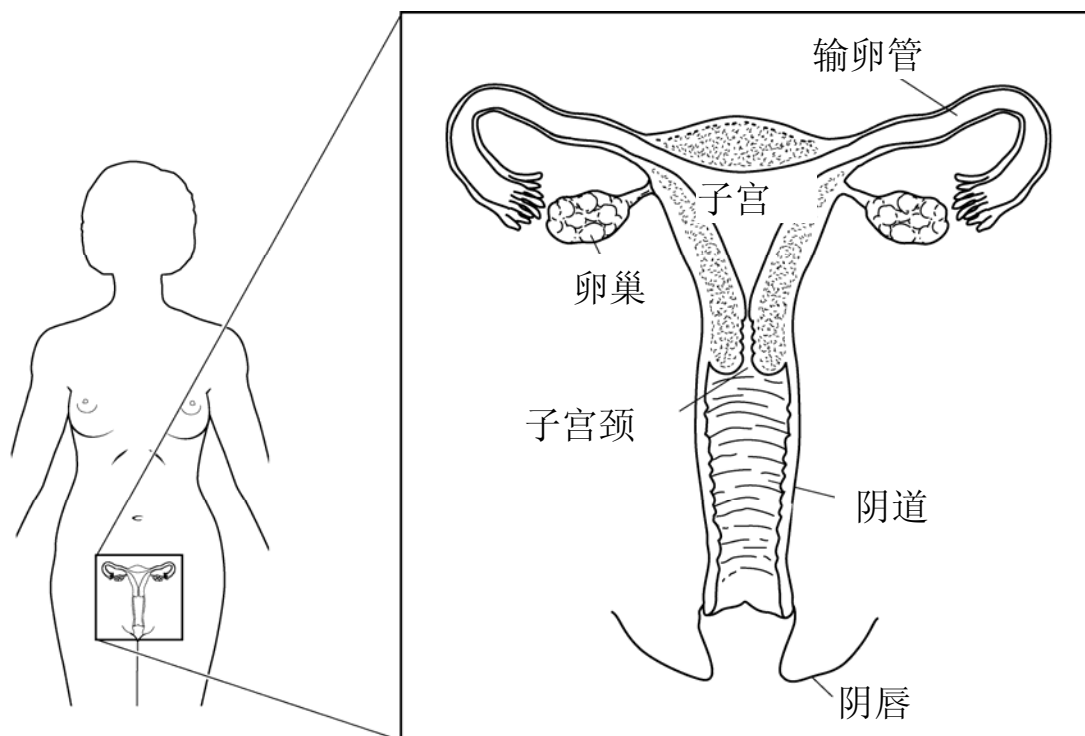
Women should have their first pap smear within three years of their first sexual activity or by age 21. After that, ask your doctor how often this test should be done based on your age and health history. Most women have the test every 1 to 3 years.

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.

妇女检查及宫颈抹片

做妇女检查是为了发现您有无阴道、子宫颈、子宫和卵巢方面的疾病。宫颈抹片是为了检查子宫颈有无变化，这种变化可能会是癌症的早期症状。也可做乳房检查。

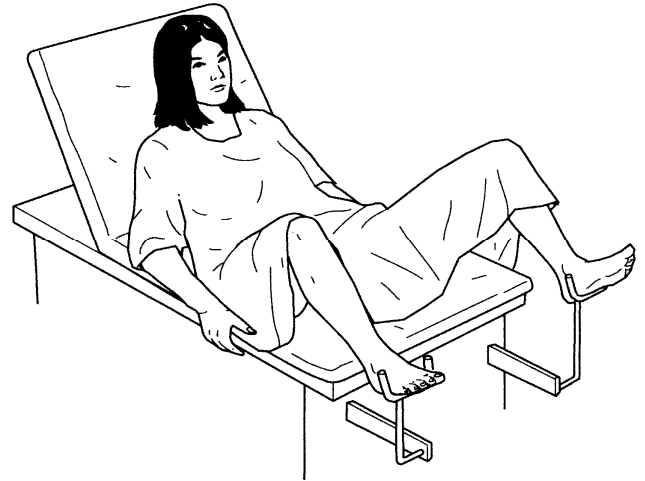


女性在第一性活动后的三年之内或到 21 岁时，应当做首次宫颈抹片检查。此后，向您的医生了解根据您的年龄和健康史应该多长时间进行一次检查。大多数女性是每 1 到 3 年检查一次。

检查期间

- 一位护士会询问您的健康情况。将检查您的血压和体重。
- 护士把您带入一个房间。做乳房检查时您可能需要打开衬衣或脱去上衣。
- 您需要脱去腰部以下的衣服。躺在检查台上时，会有一张纸床单盖住您的腿部和腹部。

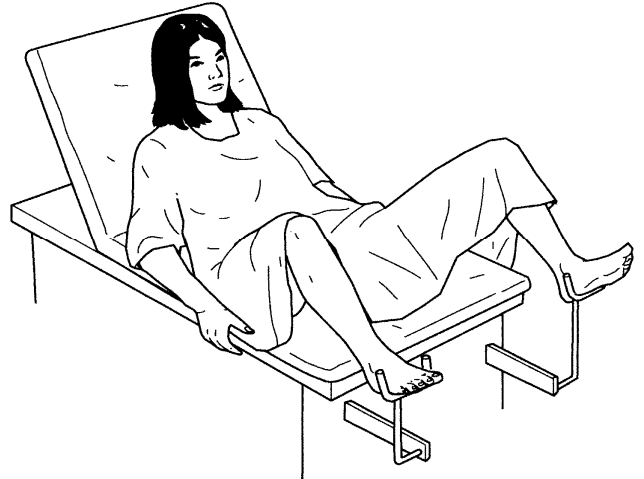
- Your doctor may start with a breast exam, gently feeling each breast to check for lumps.
- After the breast exam, your doctor asks you to put your feet in the stirrups and move down toward the end of the table. Let your knees fall open.
- Your doctor sits near your feet and turns on a lamp to see your 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.

- 您的医生可能会先做乳房检查，会轻柔地触摸每一乳房检查有无肿块。
- 乳房检查之后，您的医生会要求您将双脚放在脚蹬上并移到检查台边。让双膝分开。
- 检查时您的医生坐在您的脚边，打开一盏灯查看您的阴道。
- 医生碰触您的大腿内侧和阴道口。
- 检查有无感染症状、肿块或其他毛病。
- 将在您的阴道内轻轻地放入一工具。此工具将您的阴道保持打开状态以便检查。用嘴深呼吸帮助自己放松。如果您感到任何疼痛或不适请告知您的医生。
- 您的医生将抹刮子宫颈以得到一些细胞。这称为宫颈抹片。细胞将送去作测试。
- 将拿掉工具。
- 您的医生会戴着手套将 2 个手指轻轻探入您的阴道。
- 您的医生将用另一只手按您的下腹部，以感觉您子宫和卵巢的形状与大小。
- 检查完成时，您可穿上衣服。



如果您的测试结果不正常，诊所将跟您联络。

如有任何疑问或关注事宜，请随时告知您的医生或护士。

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Female Exam and Pap Smear. Simplified Chinese.