

# 妇科检查及宫颈抹片

## 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.

通过妇科检查了解是否患有阴道、宫颈、子宫和卵巢的疾病。宫颈抹片可发现出现癌症早期征兆的宫颈变化。可能还需要进行乳房检查。

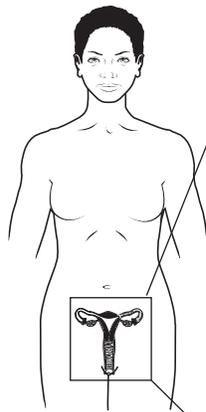
### Female Pelvic Exam

This exam is done to check your:

- Vagina
- Cervix - opening into your uterus
- Uterus - also called the womb
- Ovaries

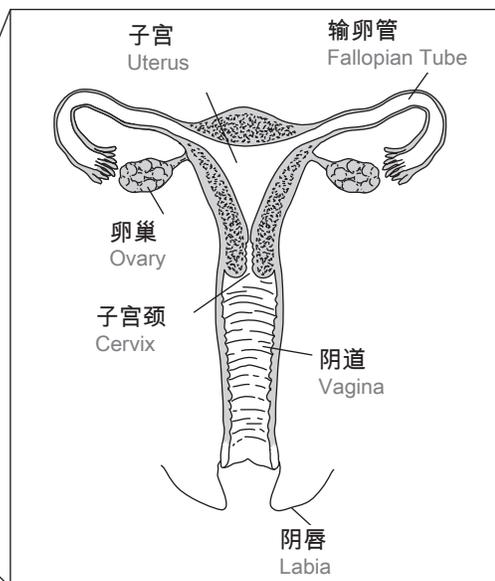
A pelvic exam is not the same as a pap smear (pap test). Other tests may be done during this exam, such as a pap smear or testing for infection.

Reschedule your annual exam if you are having your period.



### 妇科盆腔检查

这项检查是为了检查：



- 阴道
- 宫颈-子宫入口
- 子宫
- 卵巢

盆腔检查与宫颈抹片（宫颈抹片检查）不同。在进行此项检查时，可能会同时进行其他检查，例如宫颈抹片检查或感染检查。

如果您正值经期，请重新预约年度体检。

### Day Before Your Exam

For 24 hours before you have this exam, you need to avoid:

- Having sex.
- Vaginal douches or rinsing your vagina.
- Use of any perfumed sprays or powders around your vagina.

### 检查前 1 天

在参加检查的 24 小时内，您需要避免：

- 性交。
- 冲洗阴道。
- 在阴道周围使用香味喷雾剂或粉末。

## Having the Exam

- Go to the bathroom and empty your bladder before this test.
- You will be asked to undress from your waist down and will have a paper sheet to cover you.
- You will be asked to lie down on the exam table and place your feet in holders at the end of the table, called stirrups.
- Let your knees fall to the sides. Take slow, deep breaths to relax the muscles around your vagina during the exam.
- Your provider will examine the skin around your vagina, called the labia, for signs of infection or other problems.
- A plastic or metal duck-bill shaped tool, called a speculum, will be placed into your vagina to allow the provider to see inside your vagina. If other testing is needed, such as a Pap Smear, it will be done while the speculum is in place. The speculum is then removed.
- Using gloves, your provider will place 2 fingers into your vagina and the other hand will be placed on your lower abdomen to feel the size and shape of your uterus and ovaries.
- When the exam is done, the provider will remove the gloves and ask you to get dressed.
- Your provider will review the results of the exam with you.



## 检查期间

- 进行此检查之前，请进行小便排空膀胱。
- 您需要脱掉腰部以下的服装，用一次性纸单覆盖您的身体。
- 然后您要躺在检查台上，双脚分别放在检查支架的脚蹬上。
  - 双膝向两侧张开。在检查过程中深呼吸，放松阴道周围的肌肉。
  - 医护人员将检查阴道周围的皮肤（称为阴唇），查看是否有感染或其他问题。
  - 医护人员将把塑料或金属鸭嘴形工具（称为内窥器）放入您的阴道中，以便观察阴道内部。如果需要其他检查，例如宫颈抹片检查，将在内窥器扩张到位时进行。然后取出窥器。
- 医护人员戴上手套后，将两根手指伸入阴道，另一只手放在您的小腹上，感觉子宫和卵巢的大小和形状。
- 检查完成后，医护人员将摘下手套，您可以穿好衣服。
- 医护人员将与您一起了解检查结果。

## Pap Smear (Pap Test)

This test is done to look for changes in the cells of your cervix, the lower end of your uterus. This checks for cancer of the cervix.

Women are encouraged to have a Pap Smear during their annual female pelvic exam, starting at age 21 and every 3 to 5 years after that. Based on your age and health history, your provider may make other recommendations.

## Having the Test

During your pelvic exam, your provider will look at your cervix. A small brush will be used to pick up cells from your cervix that will be sent to the lab for testing. This test is often painless.

The lab will send a report to your provider. Your provider will share the results with you and discuss any needed follow-up care or more tests that may be needed.

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

## 宫颈抹片 ( 宫颈抹片检查 )

宫颈位于子宫的下端，进行这项检查是为了发现宫颈细胞是否出现病变。这项检查是为了筛查宫颈癌。

建议女性在 21 岁后，每 3 至 5 年进行一次妇科盆腔检查，在每次检查期间进行宫颈涂片检查。根据您的年龄和健康史，医护人员可能会提出其他建议。

## 接受检查

在盆腔检查期间，医护人员将检查您的宫颈。医护人员将用小刷子从宫颈中搜集细胞，将其送到实验室进行化验。这项检查通常无痛。

实验室将向医护人员发送报告。医护人员将告知您检查结果，讨论可能需要的后续护理或进一步检查。

**如果有任何疑问或担心，请咨询医生或护士。**