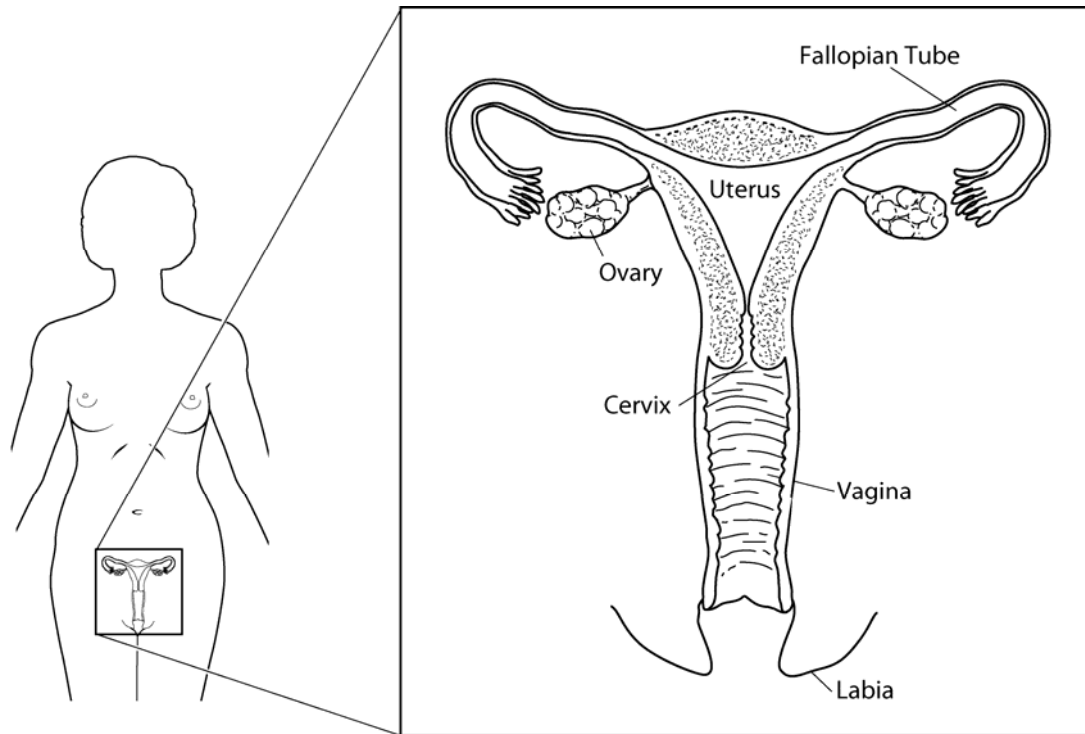


Female Exam and Pap Smear

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.



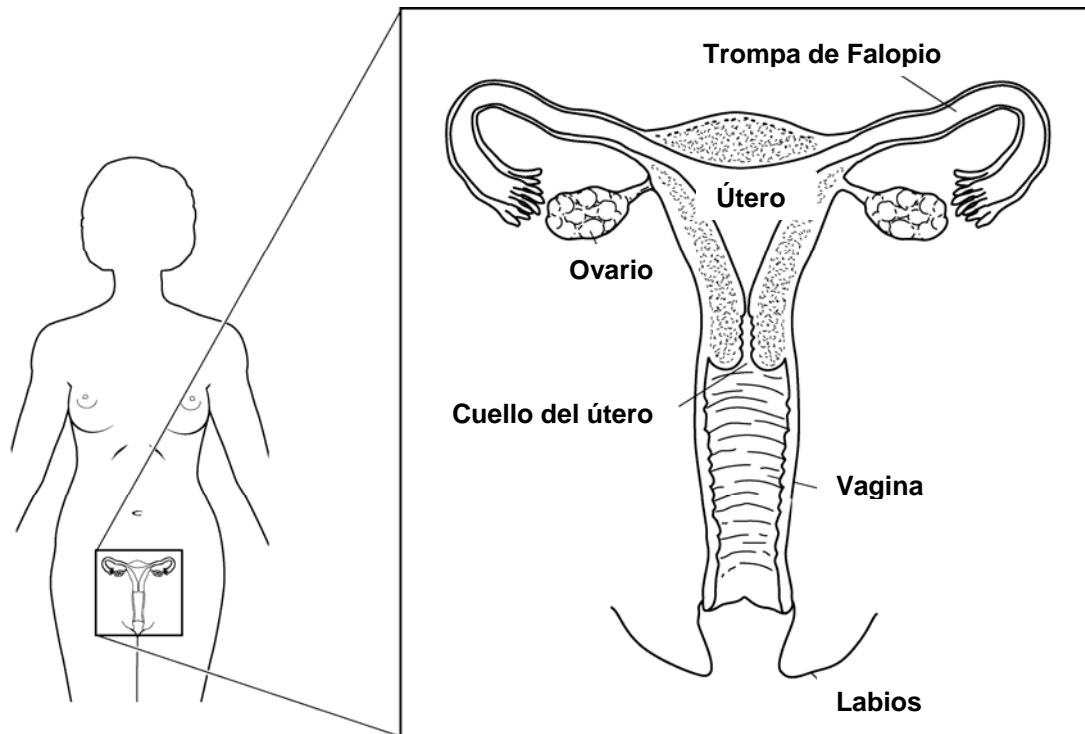
Women should have their first pap smear within three years of their first sexual activity or by age 21. After that, ask your doctor how often this test should be done based on your age and health history. Most women have the test every 1 to 3 years.

During the Test

- A nurse asks you about your health. Your blood pressure and weight are checked.

Examen femenino y prueba de Papanicolau

Se practica un examen femenino con el fin de buscar enfermedades de la vagina, el cuello uterino, el útero y los ovarios. La prueba de Papanicolau es un examen que detecta cambios en el cuello uterino, los cuales pueden ser una señal precoz de cáncer. También se puede hacer un examen de los senos.



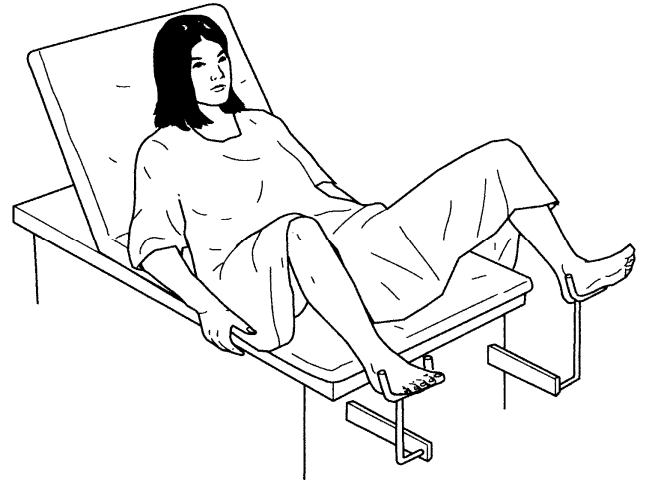
Las mujeres deben hacerse su primera prueba de Papanicolau dentro de los tres años posteriores a su primera actividad sexual o a los 21 años. Posteriormente, pregúntele a su médico qué tan a menudo debe realizarse esta prueba basándose en su edad e historial clínico. La mayoría de las mujeres se realizan la prueba cada 1 a 3 años.

Durante el examen

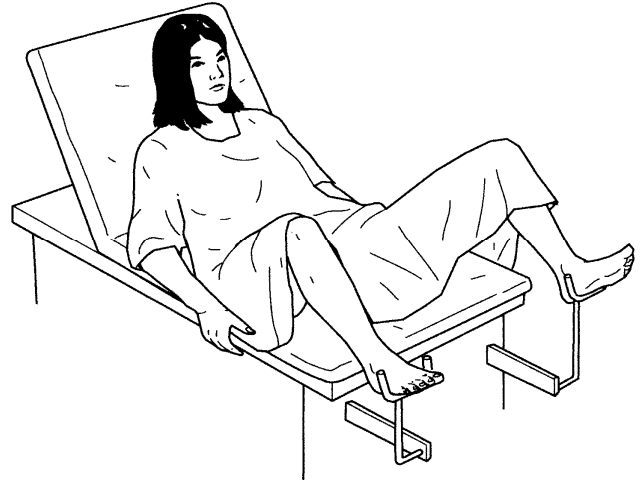
- Una enfermera le hará preguntas sobre su salud. Se le tomará la presión arterial y se registrará su peso.

Female Exam and Pap Smear. Spanish.

- 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.



- La enfermera la llevará a una habitación, donde posiblemente tenga que abrirse la blusa o quitársela para el examen de los senos.
- Es necesario que se desvista de la cintura para abajo. Le colocarán una sábana de papel encima para cubrir las piernas y el abdomen mientras se encuentre en la mesa de examinación.
- Su médico posiblemente comenzará con el examen de los senos, palpando con suavidad cada uno en busca de alguna masa o bulto.
- Después del examen de los senos, su médico le pedirá que coloque los pies en los estribos y que se deslice hacia el extremo de la mesa. Separe las rodillas.
- Durante el examen, el médico se sentará cerca de sus pies y encenderá una lámpara para ver la vagina.
- El médico tocará la parte interior de los muslos y la abertura vaginal en busca de señales de infección, bultos u otros problemas.
- Luego, introducirá suavemente un instrumento dentro de la vagina, el cual la mantendrá abierta para el examen. Inhale profundamente por la boca, lo que la ayudará a relajarse. Infórmele al médico si siente dolor o malestar.
- El médico raspa el cuello uterino para obtener una muestra de células. Esto es lo que se conoce como prueba de Papanicolau. La muestra se envía para análisis.



- 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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- Se retirará el instrumento.
- Con guantes puestos, el médico pondrá 2 dedos suavemente dentro de la vagina.
- Con la otra mano, presionará la parte inferior del abdomen para determinar la forma y el tamaño del útero y de los ovarios.
- Una vez concluido el examen, se podrá vestir.

El médico se comunicará con usted si los resultados de los exámenes no son normales.

Hable con su médico o enfermera si tiene alguna pregunta o inquietud.

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