When you turn 30 you have a choice:

Most women don’t need a PAP test every year!

Have your 1st PAP test when you’re 21

If your test results are normal, get PAP test every 3 years.

OR

Get both a Pap test and an HPV test every 5 years.

You can stop getting screened if:

You’re older than 65 and have had normal PAP test results for many years.

Your cervix was removed during surgery for a non-cancerous condition like fibroids.

The cervix is the lower, narrow end of the uterus (womb) that connects the uterus to the vagina (birth canal).

Screening tests can find abnormal cells so they can be treated before they turn into cancer.

PAP TEST

The PAP test looks for changes in cells on the cervix that could turn into cancer if left untreated.

HPV TEST

The human papillomavirus (HPV) test looks for the virus that causes these cell changes.

HPV

The main cause of cervical cancer

Most people get it, but it usually goes away on its own.

If HPV doesn’t go away, it can cause cancer.

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