

... to have a
Pap smear

When was your last Pap test?

If it's been more than
3 years, give yourself the
gift of good health and
schedule a Pap test.



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Is this
your year?



Cervical cancer is one of the most **preventable cancers** today.

Cervical cancer takes many years to develop. Regular Pap tests will help detect any precancerous or abnormal cells early enough so that cervical cancer can be prevented.

All women are at risk for cervical cancer. It occurs most often in women over age 30. Most women do not have any symptoms, even if they have cell changes.

Pap test recommendations

- Start Pap testing at age 21.
- Get a Pap test every 3 years if Pap testing is done alone, and every 5 years if Pap and HPV tests are performed together. Your doctor will recommend the testing and frequency that is right for you.
- You need Pap testing even if you have had HPV vaccines.

Pap test tips

- A Pap test cannot be done if you are having your period. Try to schedule your appointment in the middle of your monthly cycle.
- Do not have sexual intercourse for 1 to 2 days before your Pap test. This may cause unclear results.
- Do not douche, use any vaginal medicine, or use spermicidal foams, creams or jellies 1 to 2 days before your Pap test.
- After the test, you can go back to your normal activities and return to work right away.

Questions?

Please contact your local coordinator if you have any questions.



What do *Wisconsin Well Woman* clients need to know?

- If your doctor recommends cervical cancer screening every 3 to 5 years, the Wisconsin Well Woman Program (WWWP) will pay for this care. We will **not** pay for screening every year if it is not needed.

If you have test results that are not normal, your doctor may recommend that you get screened more often. The WWWP will pay for this care.

- **Breast exams are still needed every year!** The WWWP will pay for this care.
- The new rules are based on advice from:
 - The American Cancer Society
 - American Society for Colposcopy and Cervical Pathology
 - American Society for Clinical Pathology Guidelines for Prevention and Early Detection of Cervical Cancer
 - The United States Preventive Services Task Force
 - Centers for Disease Control and Prevention