

# Cervical Cancer Screening

## What is it?

Your healthcare provider takes a sample of cervical cells and sends them to a lab for testing:

- For a pap smear test, the sample is tested to see if abnormal cells are present
- For an HPV test, the sample is tested for infection with HPV types linked to Cancer.

## FOLLOW THESE GUIDELINES:

If you are younger than 21 years	➔	You do not need screening.
If you are aged 21-29 years	➔	Have a <b>pap test every 3 years.</b>
If you are aged 30-65 years	➔	Have a <b>pap test</b> and an <b>HPV test (co-testing) every 5 years (preferred)</b> <b>OR</b> a <b>pap test alone every 3 years.</b>
If you are 65 years or older	➔	<b>You do not need screening.</b> If you have no history of cervical changes and either three negative Pap test results in a row <b>OR</b> two negative co-test results in a row within the past 10 years, with the most recent test performed within the past 5 years.

## REMEMBER!

- You still need to have screening if you have been vaccinated against HPV
- You still need to have screening if you have had a hysterectomy and your cervix was not removed.

## EXCEPTIONS TO THESE GUIDELINES:

If you were exposed to diethylstilbestrol before birth or have human immunodeficiency virus, a weakened immune system or a history of cervical cancer	➔	You may need <b>more frequent screening</b>
If you have had a hysterectomy in which your cervix was removed and...		
• You have a history of cervical cancer or moderate to severe cervical changes	➔	• <b>Continue to have screening for 20 years after your surgery</b>
• You have no history of cervical cancer or cervical change	➔	• <b>You do not need screening</b>