# 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:

<table>
<thead>
<tr>
<th>Age Category</th>
<th>Recommended Test(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you are younger than 21 years</td>
<td>You do not need screening.</td>
</tr>
<tr>
<td>If you are aged 21-29 years</td>
<td>Have a pap test every 3 years.</td>
</tr>
<tr>
<td>If you are aged 30-65 years</td>
<td>Have a pap test and an HPV test (co-testing) every 5 years (preferred) OR a pap test alone every 3 years.</td>
</tr>
<tr>
<td>If you are 65 years or older</td>
<td>You do not need screening.</td>
</tr>
</tbody>
</table>

## 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:

- 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 more frequent screening

- 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
  - You have no history of cervical cancer or cervical change
  - Continue to have screening for 20 years after your surgery
  - You do not need screening