

Pap Test & Exam

A pap test and pelvic exam is a way for the doctor to make sure that women are healthy. This is done when they check inside our vagina. Some people might get nervous or feel a bit uncomfortable. But, this is important to do for health and it does not take long! The doctor will tell me how often I should have this done.



Would I like to learn more about a pap test & pelvic exam?



Do I want to watch a video? <http://ow.ly/ZtISM>
Or this one! <http://ow.ly/ZtJ5G>



Do I want to read a booklet? This is a booklet that can be printed out, and I can read at home. It is from England so some of the words might be different. It might also have information that is different from Canada, but it may still have information that is helpful.

<http://ow.ly/ZtJaX>



Do I want to listen to someone speak? This has drawings and a voice that I can listen to. This is on the computer.

<http://ow.ly/ZtJmF>

Pap test & Exam



There are lots of things I can do to help make my pap exam better.

- Learn more about the exam before the visit.
- Visit the clinic, see the exam room, and meet the provider.
- Have help making the appointment for the exam.
- See a video about the exam.
- Have someone with me - a friend, partner, relative, etc.
- Watch someone I know have an exam (mother, sister, friend).
- Decide if I would like to see a male or female doctor.
- See a provider who speaks/understands my language:
- Have the exam on an adjustable "high/low" table designed for people with mobility problems.
- Talk with someone about my fears.
- Practice breathing relaxation techniques to help me calm down.
- Bring and listen to my favorite music.
- Have a mild medication to help calm me down.
- Do other things before the appointment to help me be prepared
- Do other things at the time of the appointment to help me to remain calm.
- Know that I took good care of myself by having the exam.
- Reward myself afterward with something special