



### What is a Pap test?

A Pap test is an examination of the cells from a woman's cervix to check for cancer of the cervix, or cell changes that put her at risk for developing cervical cancer later.

### Why should I have a Pap test?

A Pap test could save your life. It can identify pre-cancerous cellular changes that could develop into invasive cancer. One out of 152 women develop cervical cancer in their lifetime. If caught early, chances of curing it are greater.

### How often should I have a Pap test?

It is recommended that all women over the age of 21 have a Pap test every two to three years. Refer to local provincial screening program for age of discontinuation.



### How do I prepare for a Pap test?

To ensure accurate results, the following are recommended:

- Two days before your test don't douche or use vaginal creams, suppositories, foams or vaginal medications
- It is recommended not to have sexual intercourse within 24 hours of your test
- The test should be performed when you are not having any menstrual bleeding

### How is a Pap test performed?

You will be asked to lie down on an exam table and put your feet in stirrups. A speculum is used to open the vagina and a small brush is used to collect a sample of cervical cells from the surface of the cervix.

The brush is immediately inserted into a vial filled with a special solution to release the collected cells. The vial is then sent to our Dynacare laboratory for testing.

When done as part of a routine pelvic exam, this test takes about two to three minutes.

# Protect Yourself from Cervical Cancer

Get the Pap Test offered by Dynacare today

Find out more inside.

**Dynacare**<sup>®</sup>



### Are there any risks?

There are no risks to taking a Pap Test. Occasionally there will be a small amount of bleeding or spotting, but that is normal.

### Why is a Pap Test offered by Dynacare right for you?

The Pap Test offered by Dynacare is a liquid based test. It is used in the screening and detection of cervical cancer, pre-cancerous lesions, atypical cells and more. A special brush is used to collect the cervical sample and then placed into a liquid collection vial.

This test is different from a conventional Pap smear method, where only a portion of the collected cells is smeared onto a microscope slide.

There are several advantages of the Pap Test offered by Dynacare:

- Better detection of abnormal cells, including 64.4% increased detection of HSIL+ (high-grade squamous intraepithelial lesion), a significant precancerous condition
- It is considered the gold standard in testing around the world, providing greater clarity for diagnosis

### What happens if I have a positive test result?

Depending on several factors, your healthcare provider may:

- Perform additional tests for HPV (the virus that causes most cervical cancer cases)
- Request you return for another Pap test
- Perform a colposcopy

A colposcopy is a procedure done with a colposcope that allows your healthcare provider to see the vagina and the cervix up close. A small amount of tissue is taken from the cervix to examine for any abnormal cells.

### What increases a woman's risk for cervical cancer?

Chances increase when a woman:

- Starts having intercourse before age 18
- Has many sexual partners
- Has sexual partners who have other sexual partners
- Has or has had HPV or genital warts
- Has or has had a sexually transmitted disease
- Is over the age of 60
- Smokes

# 1 in 152

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For more information, please visit [Dynacare.ca](http://Dynacare.ca)



If you have any questions about the Pap Test offered by Dynacare, please speak with your healthcare provider.

For more information on how to protect yourself from cervical cancer, you can visit the following websites:

- > [Guidelines on Cervical Cancer Screening in Québec](#)  
Institut national de santé publique du Québec 2011  
[inspq.qc.ca](http://inspq.qc.ca)
- > [Canadian Cancer Society cancer.ca](#)

Contact us at:  
**T 800.668.2714**  
**[Dynacare.ca](http://Dynacare.ca)**

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