

So you are getting a **Cervical Cancer Screening**



BEFORE your exam

Questions to ask:



How long will the appointment take?



What do I need to bring?



How will my needs be accommodated?



Can I request a specific provider?



Who will be in the room during my screening?

What to know:

To wear:



Wear separate top and bottoms for ease and comfort



If you want, bring a panty liner or pad to wear after

For the most accurate results consider:



It is best to have your screening when not on your period

Vaginal medicines, foams, creams, jellies or douches 2-3 days before screening may affect results



Sex 24 hours before screening may affect results

What your Provider needs to know:



When you had your last period



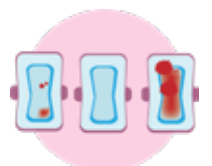
If you are pregnant, or think you could be



What medicines, vitamins, and supplements you take, including birth control



History of blood disorders and use of blood-thinning medication



If you have abnormal bleeding or discharge from your vagina, including after sex

Get Screened Regularly!

Cervical cancer screenings are safe. Guidelines vary by individual, so talk with a healthcare provider about what type of screening is best for you.

Schedule a cervical cancer screening

If uninsured, contact the Kentucky Women's Cancer Screening Program
(844) 249-0708
or visit
www.bit.ly/KWCSPscreening

Contact a local provider:

add local clinic or organization here

DURING your exam

Let your healthcare provider know if you feel uncomfortable, have questions, or need a break.

Relaxation tips: Take deep breaths, bring someone for support, request quiet, calming music.



When you arrive, you may be asked to use the bathroom and you will be asked to undress from the waist down



Your healthcare provider should talk to you and explain the exam



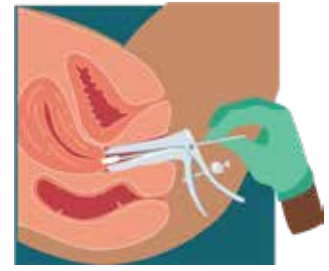
You will lay on the exam table and place your feet and legs in a wide position to make your vaginal opening accessible



An instrument called a speculum will be inserted into your vagina to help spread it so that your cervix can be seen



The speculum may feel cold or there may be some discomfort that should only last a few seconds



A swab of your cervix tissue will be taken with an instrument that looks like a long q-tip



Your healthcare provider will insert two fingers into your vagina and gently press on your abdomen with their other hand to feel the inside and outside of your pelvis



Your healthcare provider will let you know when the exam is done, and you can get dressed



Ask about getting notes from your visit and instructions for after

Ask how and when you will receive your results.

Make sure you understand and get all of your questions answered.

Additional Resources

Scan QR code or visit

bit.ly/WomensHealthResources



AFTER your exam

After your cervical screening, some people have...



A small amount of bleeding or discharge

Results



Expect your results within 1-3 weeks



Results may be received by telephone, mail, or electronic message

Follow-up

Abnormal results do not mean you have cervical cancer.

Your healthcare provider should provide you with information on additional testing or treatment.



Contact your provider if you...



Notice lots of bleeding, unusual smells or drainage from your vagina, fever or chills, pain

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Do not understand your results



Do not get your results after three weeks

Additional Resources
Scan QR code or visit
bit.ly/WomensHealthResources



The **American Cancer Society** can help you better understand your results.

Visit the link to learn more

www.bit.ly/CervicalScreeningACS

The information on this resource is from the **American Cancer Society**, the **Centers for Disease Control and Prevention**, and the **Kentucky Cancer Program**.