



## THE TRINIDAD AND TOBAGO CANCER SOCIETY

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### CERVICAL CANCER SCREENING

#### Pap smear

- Performed by one of our trained Registered Nurses
- Pap smears may be uncomfortable but are not usually painful
- Reports are usually available after three (3) weeks

#### Who should have a Pap smear?

- All sexually active women
- Pap smear screening is not performed on virgins. They are advised to seek a Gynaecologist or General Practitioner
- If appropriate, it is advised that Pap smear screening is not routinely done on clients below the age of twenty-one (21) years
- Cervical screening should continue to age 65 years or 70 years
- Patients who have had a total hysterectomy (which usually includes removal of the cervix) may have a vault smear.

#### When should a woman have a Pap smear?

- Pap smear cannot be done during menstrual cycle and preferably not within two days before the start of or two days after the end of menstrual bleeding.
- The best time for Pap smear screening should be ten to fourteen days after menstrual cycle.

#### Preparation by the woman before a Pap smear procedure

##### **One to Two days before:**

- No sexual intercourse
- No use of tampons
- No chemical douching
- No menstrual bleeding
- No vaginal discharge
- No use of spermicide contraceptive
- No use of feminine deodorant
- No vaginal lubricant

*“To create and promote greater awareness of the need for early detection and preventative measures to reduce the incidence of cancer through education, service and advocacy.”*

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