

Pap Smear Test or Cervical Smear

Nu Nau-inn ngiang chung i a thurhnawm mi cheknak

A smear is a test that checks for changes in the cervix.

Nau-inn ngiang a sining a thlenter tu a thurhnawm mi cheknak a si.

Changes in the cervix may be an early sign of cancer.

Nau-inn ngiang a sining aa thlen tikah khenser zawtnak i a lang hmasa mi hmelchunhnak a si kho.

During the test

An in chek lio ah,

You need to undress from the waist down.

Natai tang na hrukmi thil kha na phoih a herh lai.

You will have a sheet to cover your legs and stomach while you are on the examination bed.

Zohnak ihkhun cung i na um lio ah na ke le na paw cung khuh ding ah puan an in pek ko lai.

The Doctor asks you to lie down.

Sibawi nih ihkhun ah ih an fial lai.

Let your knees fall open.

Nakhup kha na kau piak lai/ na vang na kau piak lai.

The Doctor sits near your feet and turns on a lamp to see your vagina during the test.

An chek lio ah sibawi kha na ke pawng ah a tthu lai i na tawka/chu a chung lei hmuh khawh nak caah mei a ceu lai.

An instrument is gently put into your vagina. It holds your vagina open for the test.

A cheknak thilri hmanmi kha na tawka/chu a chungah din tein a chiah hna lai. ttha tein chek khawhna caah na tawka/chu kha na awn piak peng lai.

Take deep breaths through your mouth to help to you relax. Let your Doctor know if you feel any pain or discomfort.

Na um sia remnak ding caah na thaw fak pi in dawp law chuah ko. A fah tuk le na um sia a rem lotuk ahcun sibawi kha theihter ko.

Your doctor wipes the cervix to get a few cells.

Sibawi nih nau-inn ngiang chung ah khan titsapel tlawmte a lak lai.

The instrument is removed.

Cun a hman mi thilri kha a tthial tthan hna lai.

With gloves on, the doctor put two fingers gently into your vagina.

Sibawi nih a kutdong pahnih in kuthruk he na tawka/chu a chunglei kha dinte in a purh lai.

With the other hand your doctor will press on your lower abdomen to feel the shape and size of your uterus and ovaries.

Nau-inn le nu chung i ti a semnak kha a pungsan ttha tein hmu kho ding in sibawi nih a kut khat lei in na paw tang zawn ah an nam piak lai.

This is called a Pap smear. The cells are sent for testing.

Mah hi Nau-inn lei a thurhnawm mi zoh piak kan ti mi cu a si. titsapel an lak mi cu cheknak hmun ah an kuat.

All women between the ages of 20-70 should have smear test every three year.

Nu dihlak kum 20 in kum 70 karlak poh poh nih mah hi nau-inn lei a thurhnawm mi cheknak hi kum 3 dan ah an tuah awk a si.

If the smear is abnormal you may need further treatment.

Na nau-inn an chek mi a phi chuak kha a tthat lo ahcun hmailei caan ah thlop na herh lai.

