

Cervical Cancer Screening

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 and pelvic exam?



Do I want to watch a video?

<http://www.easyhealth.org.uk/content/smear-test-film>

Or this one! <https://www.youtube.com/watch?v=s9ylkUuKcXQ>



Do I want to read a booklet or look at pictures? 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 from Canada, but it may still have information that is helpful. [http://www.easyhealth.org.uk/listing/cervical-screening-\(leaflets\)](http://www.easyhealth.org.uk/listing/cervical-screening-(leaflets))



Do I want to listen to someone speak? This has drawings and a voice that I can listen to. This is on the computer. [https://www.surreyplace.ca/documents/Flash/Checking%20all%20of%20me F/data/swf/engage 258/Checking%20all%20of%20me-Female.html](https://www.surreyplace.ca/documents/Flash/Checking%20all%20of%20me%20F/data/swf/engage%20258/Checking%20all%20of%20me-Female.html)

Adapted from Simpson, K. (2001). *Table Manners and Beyond: The Gynecological Exam for Women with Developmental Disabilities and Other Functional Limitations*



There are lots of things I can do to help make my pap test better. Here are some ideas for you too:

- ☐ 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 favourite 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 remain calm.
- ☐ Know that I took good care of myself by having the exam.
- ☐ Reward myself afterward with something special.

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I successfully completed my pap test on: _____

I know I can do it again!

I will plan my next exam for: _____ (Year).



These things were helpful to me. I will do them again for my next pap test:

1.

2.

3.

I will do these things differently for my next exam:

1.

2.

3.

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