



What is Pap smear?

Pap smear (or Pap test) is a screening test done in healthy women to find out who is at risk of getting cervical cancer.

Who should get a Pap smear?

All women between the ages of **25 to 65** years should get a Pap smear done.

When should women get Pap smear?

- Any time a woman is not menstruating
- For women who are menstruating, it must be done in midcycle as far as possible (**7–10 days after menstruation stops**)
- For women who are not menstruating or during menopause or those who have undergone hysterectomy, it can be done **any time**.
- For women who have delivered a baby or had an abortion/miscarriage, it should be done after **six weeks**.

How often should women get a Pap smear?

For normal report, repeat Pap smear after **three years** otherwise follow your health care provider's advice.

KEY MESSAGES

- Do **NOT** forget to collect your Pap smear report
- **DO** follow the advice of healthcare providers
- Do **NOT** lose the Pap smear card

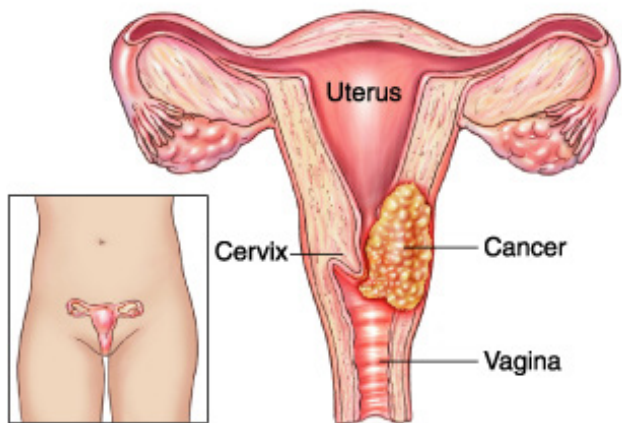


TOWARDS ELIMINATION OF CERVICAL CANCER

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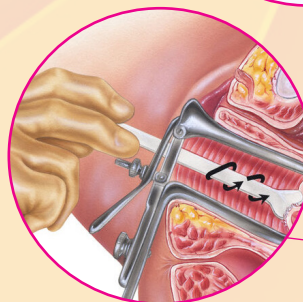
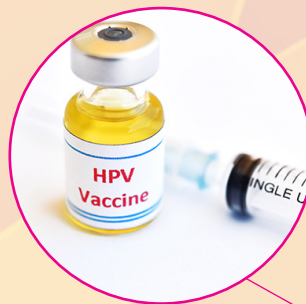


What is cervical cancer?

Cervical cancer is a type of cancer that develops in a woman's cervix, which is the mouth of the womb and entrance to the uterus from the vagina. In Bhutan, cervical cancer is the most common type of cancer in women.

What is the main cause of cervical cancer?

The main cause of cervical cancer is persistent infection from high-risk human papillomavirus (HPV), which is transmitted sexually.



What are the risk factors for cervical cancer?

- Sexual contact at an early age
- First childbirth at an early age
- Multiple sexual partners
- Multiple childbirth
- Smoking
- Not being vaccinated and screened (the biggest risk factor).

Cervical cancer can be prevented, treated and cured.

What are some of the symptoms of cervical cancer?

- Irregular bleeding (e.g. between menstrual cycles or after sexual intercourse)
- Postmenopausal spotting or bleeding
- Increased vaginal discharge (sometimes foul-smelling).

How to prevent cervical cancer?

- Vaccination: HPV vaccination(currently done for all class 6 girls)
- Screening: All women between the ages of **25 to 65** years should get Pap smear done.
- Avoiding high-risk behaviours mentioned earlier.

What are the cervical cancer screening tests available?

- PAP smear
- HPV test
- Colposcopy for further confirmation

