

# Pap Test

A Pap test (or Pap smear) is a way for the doctor to make sure that you are healthy. This is done when they check inside your vagina. Some people might get nervous or feel a bit uncomfortable. But, this is important to do for your health—and it does not take long! The doctor will tell you how often you should have this done.



## Would you like to learn more about Pap tests?

Here are some resources for you to learn more about Pap tests. They are from other countries so some of the words and information might be different from Canada. But, they may still have information that is helpful for you.



### Do you want to watch a video?

- [Women Be Healthy Pap Tests](#)
- [What happens when I go for cervical screening \(a smear test\)?](#)
- [National Cervical Screening Program - Your choices explained](#)



### Do you want to read a booklet?

This is a booklet that can be printed out, and you can read at home:

- [Having a smear test](#)  
[What is it about?](#)

Scan the QR code to view the resources above



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

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# There are lots of things you can do to prepare for your Pap test.



## Here are some ideas:

- ✓ Learn more about the Pap test before your appointment
- ✓ Visit the clinic: see the exam room, and meet the provider
- ✓ Have help making the appointment
- ✓ Watch a video about Pap tests
- ✓ Have someone with you - a support person, friend, partner or relative
- ✓ Decide if you feel comfortable with either a male or female doctor
- ✓ See a provider who speaks/understands your language
- ✓ Make sure that the exam table can adjust to meet your mobility/ transfer needs
- ✓ Things that might help you relax before or during your appointment:
  - > Talk with someone about your fears
  - > Practice breathing relaxation techniques
  - > Bring and listen to your favorite music
- ✓ Know that you took good care of yourself by getting a Pap test
- ✓ Reward yourself afterward with something special

I successfully completed my exam on: \_\_\_\_\_ .

### **I know I can do it again!**

I will plan my next exam for:

Month: \_\_\_\_\_ Year: \_\_\_\_\_ .



### **These things were helpful to me, and I will do them again for my next exam:**

1

2

3

4

5

### **I will do these things differently for my next exam:**

1

2

3

4

5