

# Cervical Cancer Screening: What You Need to Know

**Age Recommendation:** 25-69 years old

## Types of Screening:

### 1. PAP Test

- Looks for abnormal cells in the cervix and/or HPV
- Collects cells directly from the cervix using a speculum
- Results:
  - Normal: Screen every 3 years
  - Abnormal: Follow-up with your Healthcare Provider (HCP)

### 2. Self-Screening Swab

- Looks for high-risk HPV strains that may lead to abnormal cells
- Collects a vaginal swab sample
- Order a kit: <https://submit.healthcarebc.ca/bccancer/cervix-screening-kit>
  - or call 1-877-702-6566
- Results:
  - Normal: Screen every 5 years
  - Abnormal: Follow-up with your HCP

## Importance of Screening:

- Cell changes can occur without symptoms
- Cervical cancer takes a long time to develop, but often has no symptoms
- Screening is the best way to protect yourself

## Symptoms of Cervical Cancer:

- Abnormal vaginal bleeding
- Abnormal or persistent vaginal discharge
- Pelvic pain or pain during sexual intercourse

## Preventing HPV:

- Get vaccinated against HPV
- Use condoms to lower the risk of getting HPV
- Don't smoke, as it can weaken your immune system

## Additional Resources:

- Contact your Healthcare Provider for more information
- Visit <https://www.healthgateway.gov.bc.ca> to view your results online