

## **A Woman's Guide to the New Guidelines for Cervical Cancer Screening (Pap Test)**

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**I am under 21:** There is no need for cervical cancer screening at this time

**I am between 21 and 29:** You should have a regular screening Pap test every 3 years.

**I am between 30 and 65:** You should have a Pap test with an HPV test\* every five years. –OR– you should have a Pap test every 3 years.

**I am greater than 65:** There is no longer a need for screening as studies have shown that women who have not had a positive prior test are unlikely to develop cervical cancer beyond this age.

**I have had a hysterectomy:** If the hysterectomy removed your cervix and you have not had a prior Pap abnormality, there is no need to have anymore pap tests.

**I have been vaccinated for HPV:** You should continue the regular screening schedule as listed above.

**I have higher risk for cervical cancer:** You should follow a different screening schedule than those listed above if you have: a history of cervical cancer, were exposed in utero to diethylstilbestrol (DES), or are immune-compromised.

### **Why did the guidelines change?**

Cervical cancers are typically very slowly growing, and most cervical cancer is found in women who have never been screened or who have not been screened in the last 5 years; so, in women who have had one normal screening test, there is very low risk.

### **Is it still important to have an annual visit with your doctor?**

Your check up is an important opportunity to address your concerns and talk about ways to improve your health!

*\*HPV- The Human Papilloma Virus (HPV) is the virus responsible for cervical cancer. A simple test can be performed at the time of your Pap test to see if this virus is present.*

Source:

United States Preventative Services Task Force. Screening for Cervical Cancer: Current Recommendation. (March 2012)

Available at: [www.uspreventiveservicetaskforce.org/uspstf/uspscerv.htm](http://www.uspreventiveservicetaskforce.org/uspstf/uspscerv.htm)