

# MY PAP TOOLS



American Indian  
Cancer Foundation.

## Thin Prep

Brand name of the vial used to store and test the brush on which the health care provider collected your specimen.

## Sterile Gel

Your health care provider will use a sterile gel to help lubricate the speculum so that it will slide into your vaginal opening with minimal discomfort.

## Sterile Gloves

Your health care provider will wear sterile gloves while conducting your Pap test to protect your body from germs.



## Brush

Used to collect a sample from the cervix. It will be inserted into the cervix and rotated gently.

## Speculum

This may be metal or plastic, and it is used to hold the walls of your vagina apart so that the health care provider can see into your cervix.



## The Exam Bed

When you go in for your Pap test, you will sit in a specialized exam bed that has two stirrups for your feet. You will undress and put on an exam gown, but you will still be allowed to wear your socks. You will sit in the exam bed as pictured on the left. Feel free to talk to your health care provider about any questions you may have and ways to make the exam more comfortable.

According to the Centers for Disease Control and Prevention, nearly 13,000 new cases of cervical cancer were reported in 2018.<sup>1</sup> When found early, cancer is typically easier to treat and health outcomes tend to be better. Getting a Pap test can help prevent cervical cancer or catch it in its earliest stages.

From the age of 21 to 29, it is recommended that women receive a cervical cancer screening every three years with a Pap test alone.<sup>2</sup> From the age of 30 to 65, it is recommended that women continue receiving screening every three years with a Pap test alone, OR every five years with high risk HPV testing alone, OR every five years with high risk HPV testing plus a Pap test. Most women younger than 21 years and older than 65 years, or those who have had a hysterectomy, do not need a screening for cervical cancer.<sup>2</sup>

Above, you will find the tools used in a Pap test and a brief description of how they are used.