

PAP SMEAR

A Pap smear or Pap test is a vaginal exam that screens for cervical cancer which is done by taking a swab to collect cervical cells to be examined for abnormal growth and other indications of precancerous /cancerous cells.



1. You must abstain from sex, avoid douching or using any vaginal medicines or spermicidal foams, creams or jellies for two days before having a Pap Smear, as these may wash away or obscure abnormal cells.
2. Try not to schedule a Pap smear during your menstrual period. It's best to avoid this time of your cycle, if possible.
3. The procedure just takes 5 minutes and is absolutely pain less.
4. You will be required to lie down on your back with your knees bent.
5. Doctor will gently insert an instrument called a speculum into your vagina.
6. The speculum holds the walls of your vagina apart so that your doctor can easily see your cervix. Inserting the speculum may cause a sensation of pressure in your pelvic area.
7. Then your doctor will take samples of your cervical cells using a soft brush and a flat scraping device called a spatula & transfer the cell sample collected from your cervix into a container or onto a glass slide.
8. Reports will be available after 3 days.