

Where can I go for a Pap smear?

- Your doctor or nurse
- WOW Clinic for Women with Disabilities, Shenton Park, Outpatient Clinic (08) 9382 7141
- FPWA (Formerly Family Planning of WA) Northbridge (08) 9227 6177 www.fpwa.org.au
- ISHAR Multicultural Centre for Women's Health, Mirrabooka (08) 9345 5335
- South Coastal Women's Health Services (08) 9550 0900
- Aboriginal Health or Medical Services
- Derbarl Yerrigan Health Service, East Perth (08) 9421 3888
- Regional Community or Women's Health Centres

Local Contacts:

Where can I get more information?

WA Cervical Cancer Prevention Program

13 15 56 (Cost of a local call).

For information on country services, please contact the above number.

SECCA

(Sexuality Education Counselling and Consultancy Agency)

(08) 9420 7226

www.secca.org.au

Disability Services Commission (DSC) 1800 004 544

This publication is available in alternative formats on request.



National Cervical Screening Program

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Department of Health

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Helping Deliver a Healthy WA

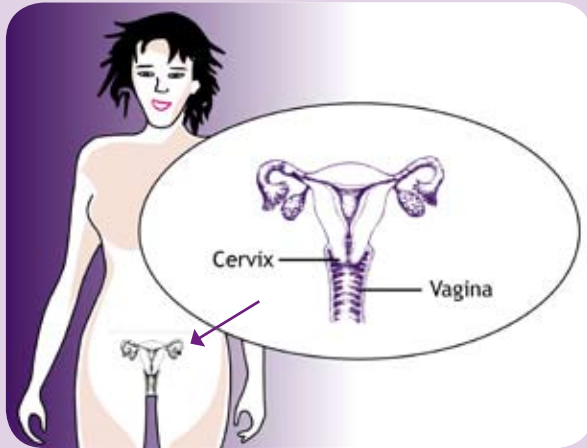
Women with intellectual disabilities need Pap smears too!



This brochure will help you understand more about having a Pap smear.

What is a Pap smear?

A Pap smear checks if your cervix is healthy. It is done by a doctor or nurse. You should have a Pap smear every two years. It can help find changes in your cervix and stop you from getting cancer of the cervix.



This picture shows where the cervix is inside your body

Who should have Pap smears?

All women who have had sex with a man or woman should have a Pap smear.

Regular Pap smears are needed even if you haven't had sex for a long time.

If you're not sure if you need to have a Pap smear ask your doctor or nurse.

What happens when you have a Pap smear?

- The Pap smear will only take a few minutes.
- It might be a bit uncomfortable, but it shouldn't hurt.
- You will be asked to lie on your back or side.
- The doctor or nurse will look between your legs at your vagina.
- The doctor or nurse will use a special instrument called a speculum to see your cervix.



Speculum

- While the speculum is in your vagina, the doctor or nurse will do some simple tests.

- When the tests are done, the doctor or nurse will take the speculum out of your vagina.
- The test results will come back in a few days.
- Ask your doctor or nurse how you will get your results.



Things to know

You can choose a doctor or nurse that you feel comfortable with.

You might prefer a woman doctor or nurse to do the Pap smear.

You can take someone with you.

You can ask the doctor or nurse to stop at any time.