

# The Pap Test

A Pap test checks for abnormal changes on the cervix. Sometimes these abnormal changes can become cancerous. A Pap test can find these changes before they turn into cancer.

Most women age 21 to 69 who have ever had sexual contact should have a Pap test every 3 years.

Trans, non-binary, and gender diverse people with a cervix should have a Pap test every 3 years.

# Resources

If you have any questions about the Pap test please speak with your healthcare provider.

For more information on how to protect yourself from cervical cancer, you can visit the following websites:

**Cancer Care Manitoba**  
[cancercare.mb.ca](http://cancercare.mb.ca)

**Canadian Cancer Society**  
[cancer.ca](http://cancer.ca)

## To book an appointment

204-787-5858

## Website

[hsc.mb.ca/hsc-pap-clinic](http://hsc.mb.ca/hsc-pap-clinic)



# HSC PAP Clinic

Minor Treatment Clinic  
700 William Avenue  
10:00 am to 5:00 pm  
[hsc.mb.ca/hsc-pap-clinic](http://hsc.mb.ca/hsc-pap-clinic)



**Health Sciences Centre**  
Winnipeg  
A Shared Health facility



# Why

Regular Pap tests can identify abnormalities and reduce your chance of getting cervical cancer by 70%

## How common is cancer of the cervix?

Cancer of the cervix is the sixth most common cancer among Canadian women.

Cervical cancer is caused by a common virus called human papilloma virus (HPV).

# What to expect

Appointments will last approximately 30 minutes.

Our team consists of doctors, nurse practitioners, and nurses who will take care of you step by step.



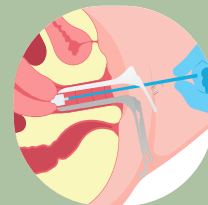
Please bring your Manitoba Health Card to your appointment.



You will be asked to undress from the waist down and lie on an exam table with your feet in foot rests.



A speculum is used to open the vagina and examine the cervix. Breathe deeply to help calm your muscles. You may feel some discomfort, but you should not feel pain.



A small brush-like device is used to collect cells from the cervix.

# Results

Most Pap test results are normal. If your result is abnormal, you may need a repeat Pap test or colposcopy. Most women who have follow-up and/or treatment for an abnormal Pap test result will never get cervical cancer.

**All patients will receive a follow up call with their results.** You will be asked to confirm your name and will be provided with your test results and any follow-up directions.

Test results can take up to 30 days. **If you have not received a call within 30 days, please call 204-787-3942 to ask about your results.** You will be asked to confirm your identity.