

Prevent Cervical Cancer with the Right Test at the Right Time



No insurance? You may be able to get free testing through Women's Health Connection. Call 1-877-385-2345 to learn more.



Screening tests can find abnormal cells so they can be treated before they turn into cancer.

The Pap test looks for changes in cells on the cervix that could turn into cancer if left untreated.

The human papillomavirus (HPV) test looks for the virus that causes these cell changes.

HPV is the main cause of cervical cancer.



HPV is a very common virus, passed from one person to another during sex. Most people get it, but it usually goes away on its own. If it doesn't go away it can cause cancer.

The 3-dose HPV shot is recommended for males and females at 11-12 years old, with catch-up available through age 26.

Most women don't need a Pap test every year!

Have your first Pap test when you're 21.

If your results are normal, you can wait 3 years for your next Pap test.

HPV tests aren't recommended for women under 30.



When you turn 30 you have a choice:

If your test results are normal, get a Pap test every 3 years

OR get the co-test – both a Pap test and an HPV test – every 5 years.

Most women can stop getting tested for cervical cancer once they're older than 65. Talk to your doctor on when you can stop.

Test Record

Date	Age	Test Type	Result	Next Test Needed
/ /		Pap / Co-test		/ /
/ /		Pap / Co-test		/ /
/ /		Pap / Co-test		/ /
/ /		Pap / Co-test		/ /
/ /		Pap / Co-test		/ /
/ /		Pap / Co-test		/ /
/ /		Pap / Co-test		/ /