

Cervical Cancer Screening (PAP Test)

The PAP test is a screening test for cervical cancer. All woman who has ever had sex should be screened. In BC, it is recommended that women should start having Pap tests [at age 21 or 3 years after first sexual contact](#). Start with a Pap test every year for the first 3 years; then continue every 2 years if your results are normal until age 69, if your results are normal.

Almost all cervical cancers are caused by certain types of the Human Papilloma Virus (HPV) There is a vaccine available that can prevent some of the types of HPV most frequently linked to cancer and to genital warts. Speak to your doctor about whether the vaccine is right for you.

The BC Cancer Agency has an excellent webpage on cervical cancer screening and pap testing you can see [here](#).

The Canadian Partnership Against Cancer [website](#) also has some valuable information about the role of HPV and other issues

The best time to book your PAP test is midway between your periods, when you are not bleeding. If you would like to be tested for sexually transmitted infections at the same time as your PAP test, please mention this to your doctor. Please let the receptionist know if you would like to book a pap test as we allot extra time for the exam. We often use pap test visits as an opportunity to update all preventive health care screening for women and we call this a “well woman exam”.