WHAT DOES YOUR HEALTHCARE PROVIDER NEED TO KNOW AT YOUR ANNUAL EXAM?

- The date of your last period
- Whether your periods come regularly, how long they last and how heavy they are
- If you’ve ever had an abnormal Pap test
- The date of your last mammogram
- The date of your last colonoscopy
- If you feel pain during intercourse
- Any drastic weight changes
- Any medications, including non-prescription drugs
- Any family history of cancer, heart disease or diabetes
- Recent changes in skin or hair loss
- Issues with bladder control

HOW BEST TO PREPARE FOR YOUR ANNUAL EXAM:

- Avoid vaginal medication, personal lubricants, vaginal contraceptives and douches for 48 hours before your appointment.
- Refrain from sexual intercourse for 48 hours before your appointment.
- Drink plenty of water the day of your appointment. You may need to give a urine sample.
- Schedule your appointment on a day when you will not have your period.

HOW CAN YOU PROTECT YOUR CERVICAL HEALTH?

Start by talking with your healthcare provider. If you are 30 to 65 years old, a Pap test in combination with an HPV test is the preferred screening strategy according to societal guidelines.²