

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

**EVERY
2 HOURS
1 WOMAN
DIES OF
CERVICAL
CANCER¹**

*We can change
this stat*

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

**THE CHANGE
STARTS WITH YOU**

Visit [HEALTHDXS.COM](https://www.healthdxs.com) and [PAPPLUSHPV.COM](https://www.papplusHPV.com) to learn more about cervical cancer screening guidelines and the importance of regular screening.

