



### What is Pap smear?

Pap smear (or Pap test) is a screening test done in healthy women to find out who is at risk of getting cervical cancer.

### Who should get a Pap smear?

All women between the ages of **25 to 65** years should get a Pap smear done.

### When should women get Pap smear?

- Any time a woman is not menstruating
- For women who are menstruating, it must be done in midcycle as far as possible (**7–10 days after menstruation stops**)
- For women who are not menstruating or during menopause or those who have undergone hysterectomy, it can be done **any time**.
- For women who have delivered a baby or had an abortion/miscarriage, it should be done after **six weeks**.

### How often should women get a Pap smear?

For normal report, repeat Pap smear after **three years** otherwise follow your health care provider's advice.

#### KEY MESSAGES

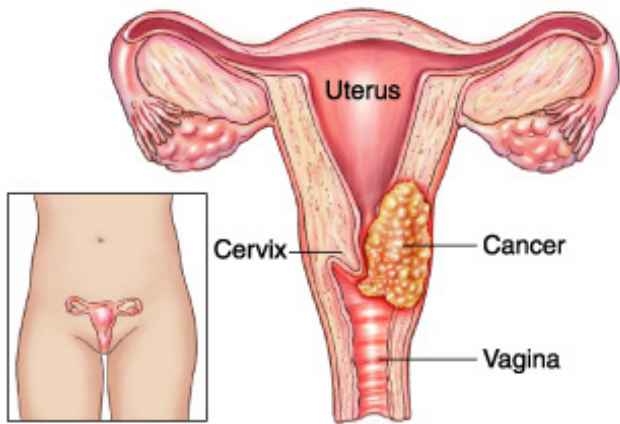
- Do **NOT** forget to collect your Pap smear report
- **DO** follow the advice of healthcare providers
- Do **NOT** lose the Pap smear card



## TOWARDS ELIMINATION OF CERVICAL CANCER



Issued in the public interest by  
Ministry of Health

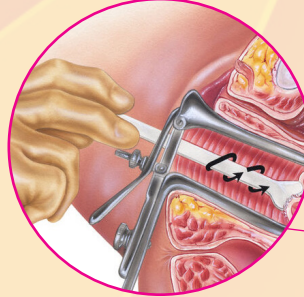


### What is cervical cancer?

Cervical cancer is a type of cancer that develops in a woman's cervix, which is the mouth of the womb and entrance to the uterus from the vagina. In Bhutan, cervical cancer is the most common type of cancer in women.

### What is the main cause of cervical cancer?

The main cause of cervical cancer is persistent infection from high-risk human papillomavirus (HPV), which is transmitted sexually.



### What are the risk factors for cervical cancer?

- Sexual contact at an early age
- First childbirth at an early age
- Multiple sexual partners
- Multiple childbirth
- Smoking
- Weak immune system
- Not being vaccinated and screened (the biggest risk factor).

Cervical cancer can be prevented, treated and cured.

### What are some of the symptoms of cervical cancer?

- Irregular bleeding (e.g. between menstrual cycles or after sexual intercourse)
- Postmenopausal spotting or bleeding
- Increased vaginal discharge (sometimes foul-smelling).

### How to prevent cervical cancer?

- Vaccination: HPV vaccination( currently done for all class 6 girls)
- Screening: All women between the ages of **25 to 65** years should get Pap smear done.
- Avoiding high-risk behaviours mentioned earlier.

### What are the cervical cancer screening tests available?

- PAP smear
- HPV test
- Colposcopy for further confirmation

