

Thank you for taking the time to see us today at the UCF Women's Clinic. The National Guidelines/Recommendations concerning routine Pap tests have recently changed. Since we abide by these guidelines, we want to be sure you are aware of the changes. Please take the time to read the information below.

Am I having a pap test today?

Cervical cancer screening (Pap tests) will begin at age 21 years (regardless of sexual history). If you are under the age of 21 you will not be having a Pap test today.

Why?

Pap tests before the age 21 should be avoided because women less than 21 years old are at very low risk of cancer. Screening women under 21 may lead to unnecessary and harmful evaluation and treatment. If you are under 21 and have had a Pap test which was normal you will resume screening at age 21. If your Pap was abnormal and you are under 21, you and your provider will discuss options for management of your result.

If I do not need a pap test then should I still come every year?

Like most women you probably think your annual exam is all about your Pap test. But the fact is, your annual visit covers so much more. Even if you do not qualify for a Pap test today we recommend you still see the Women's Clinic on a yearly basis. We will still complete a physical exam and discuss birth control options, STI testing, and other health promotion information with you.

What if I am over 21?

More than likely you will qualify for a Pap test. In some circumstances, a Pap test is recommended every three years for women between the ages of 21 years and 29 years, if your Pap tests have been normal.

What if I am 30 or older?

Women aged 30 years and older who have had three consecutive negative pap test results and who have no history of CIN 2 or CIN 3, are not HIV infected, are not immunocompromised, and were not exposed to DES in utero may extend the interval between cervical cytology examinations to every five years. If you have had a hysterectomy, pap screening is not necessary.

Why would my provider recommend a pap test for me every three/ five years (depending on my age) instead of yearly?

Evidence shows that screening women every year has little benefit over screening every three to five years.

Remember we are here to answer all questions and explain the recent changes to you as best we can. Some of these guidelines may be different for you. Please do not be afraid to ask questions.

We look forward to meeting you for the first time or welcoming you back!

Guidelines can be located online through ASCCP (American Society of Colposcopy and Cervical Pathology) at <http://www.asccp.org/consensus.shtml> and/or American College of Obstetricians and Gynecologist (ACOG) at <http://www.acog.org/>.