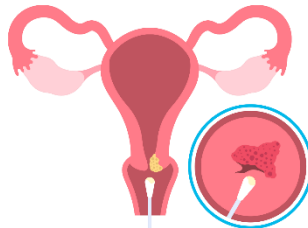




جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

PAP smear



What is cancer of the cervix?

Cervical cancer is a common form of cancer that affects a woman's cervix as a result of abnormal cell growth.

What are the causes of cervical cancer?

The Human Papillomavirus (HPV) is the leading cause of cervical cancer.

Smoking. Several studies have established a link between smoking and cervical cancer.

A person with certain acquired immunodeficiency diseases is more susceptible to HPV.



What symptoms are associated with cervical cancer?

- Weight loss and exhaustion
- Constant vaginal discharge.
- Cervical pain during intimate activity.
- Unusual vaginal bleeding that occurs outside of the menstrual cycle.

How are diagnostic tests for cervical cancer conducted?

Biopsy of the cervical cells so they can be examined under a microscope in a laboratory

Pap smear

Clinical assessment and colposcopy

What is a Pap test?

A **Pap smear** is a cervical cancer screening procedure for women.

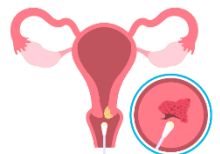
A **Pap smear** involves the collection of cells from the cervix, which is the lower, narrow end of the uterus that is located at the top of the vagina.

Who should undergo a Pap test?

Generally speaking, ❖
doctors advise beginning
Pap testing at age 21.

You should begin **pap** ❖
smears at the age
specified.

Prior to the age of 21, ❖
pap smears are not
required.



How frequently should Pap tests be repeated?

Pap testing is typically recommended every three years for women ages 21 to 65.

How do you prepare for a Pap smear test?

To maximize the effectiveness of your **Pap smear**, adhere to the following guidelines prior to your exam:

Avoid sexual activity, douches, and the use of vaginal medications or spermicidal foams, creams, or jellies for two days prior to a **Pap smear**, as these activities may wash away or obscure abnormal cells.

Try to avoid scheduling a **Pap smear** during your period. If possible, you should avoid this time of your cycle.



What to anticipate during a pap smear?

A Pap smear is performed in the doctor's office and only takes a few minutes. You may be asked to disrobe below the waist.

You will lie on your back with your knees bent on an exam table. Stirrups provide support for your heels.

Your physician will insert a speculum into your vagina in a gentle manner.

What to anticipate during a pap smear?

The speculum holds your vaginal walls apart so that your doctor can see your cervix clearly.

The insertion of the speculum may induce a feeling of pressure in the pelvic region.

Your doctor will then collect samples of your cervical cells using a soft brush and a spatula, a flat scraping instrument. This rarely causes discomfort.

Does the pap smear pose any risks?

A **Pap smear** is a safe method for detecting cervical cancer.

What are the results of a cervical smear?



Initially, the negative result

This category indicates the absence of any cancer, precancerous, or other significant abnormalities.



Secondly, The epithelial cells lining the cervix or vagina display changes that may be cancerous or a precancerous condition.

This category is subdivided into various groups of squamous and glandular cells

Reference:

<https://www.moh.gov.sa/Ministry/About/Health%20Policies/018.pdf>

<https://www.moh.gov.sa/awarenessplateform/ChronicDisease/Pages/CervicalCancer.aspx>

<https://www.mayoclinic.org/ar/tests-procedures/pap-smear/about/pap-20394841>

All the histogram from canva.com

Reviewed By:

The content of this booklet has been reviewed by obstetrics and gynecology consultant at King Fahd University Hospital.

Obstetrics and Gynecology Department

Health Awareness Unit

IAU-23-425



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University