



# Getting a Pap Test

## How will a Pap test help me and my family?

- Finding any changes early on will make it easier to treat
- Peace of mind – you will know if you have cervical cancer or not, and how to treat it if you do
- Taking care of your health can keep you able to care for your family

## What is a Pap test?

A Pap test is a simple and routine way to find changes on a woman's cervix (entrance to the birth canal). During a Pap test, the doctor or nurse will collect tissue from the cervix to send for medical testing.

## Why should I have a Pap test?

- Cervical cancer is common in Pacific Islander women.
- Having regular Pap tests give you the best chance of finding changes or cervical cancer early, when they are easy to treat.
- Most Pacific Islander women already get tested.

## Who should get a Pap test?

- Women who are 21 years or older, even if they do not have symptoms.



## Questions to ask your Doctor:

1. How often should I get a Pap test?
2. What should I expect during the test?
3. Will the test be painful?
4. How much will the test cost?  
Will my health insurance plan help pay for the test?
5. When should I expect to receive my results?
6. Should I get a HPV test?
7. What other tests should I get?



**Guam Communications  
Network**

4201 Long Beach Blvd., # 218  
Long Beach, CA 90807  
(562) 989-5690



SAMOAN NATIONAL NURSES ASSOCIATION

**Samoan National Nurses  
Association**

1950 E 220th St., # 301  
Long Beach, CA 90810  
(310) 952-1115



**Tongan Community  
Service Center**

13030 Inglewood Ave.,  
Suite 104  
Hawthorne, CA 90250  
(310) 679-9099

