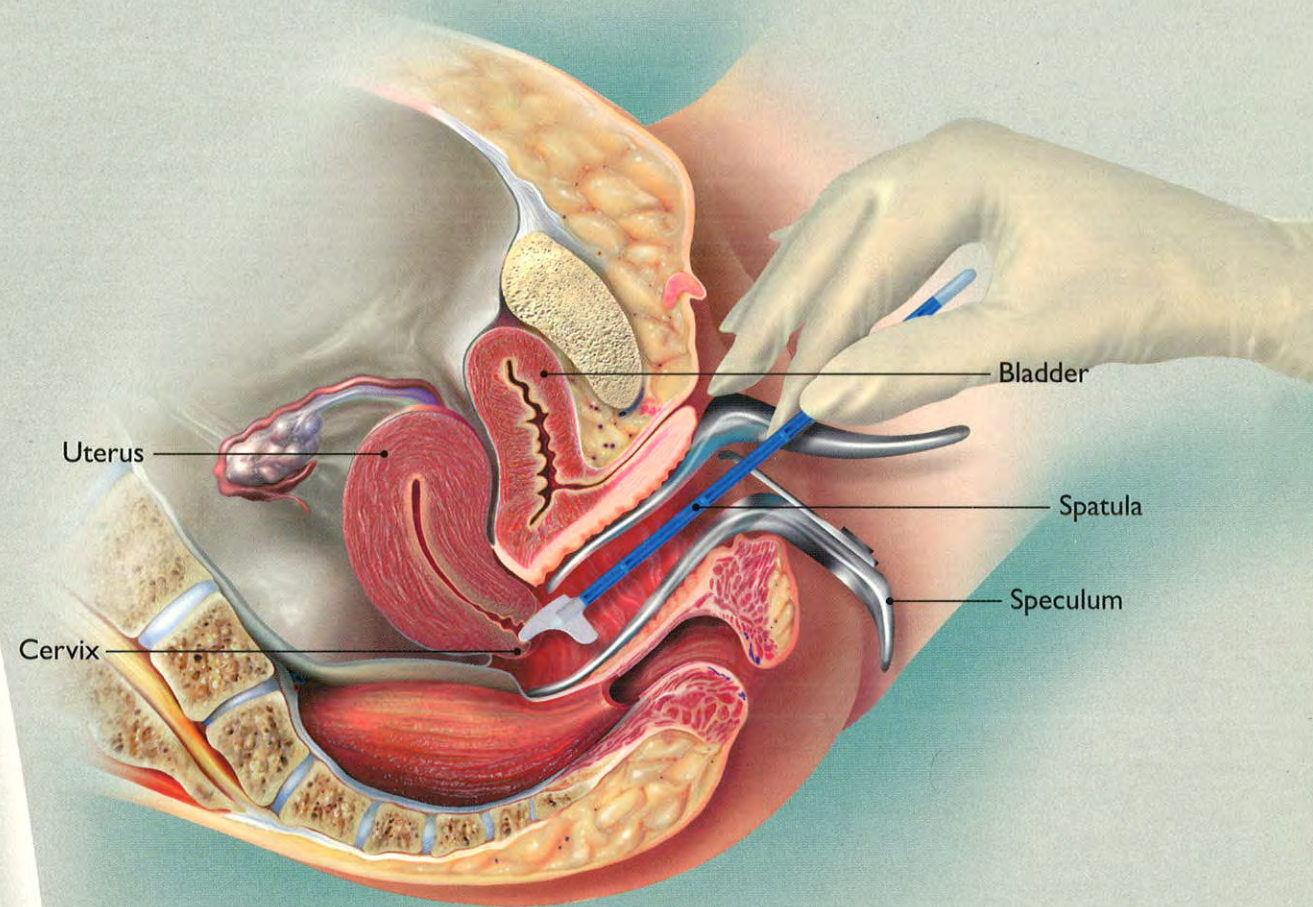
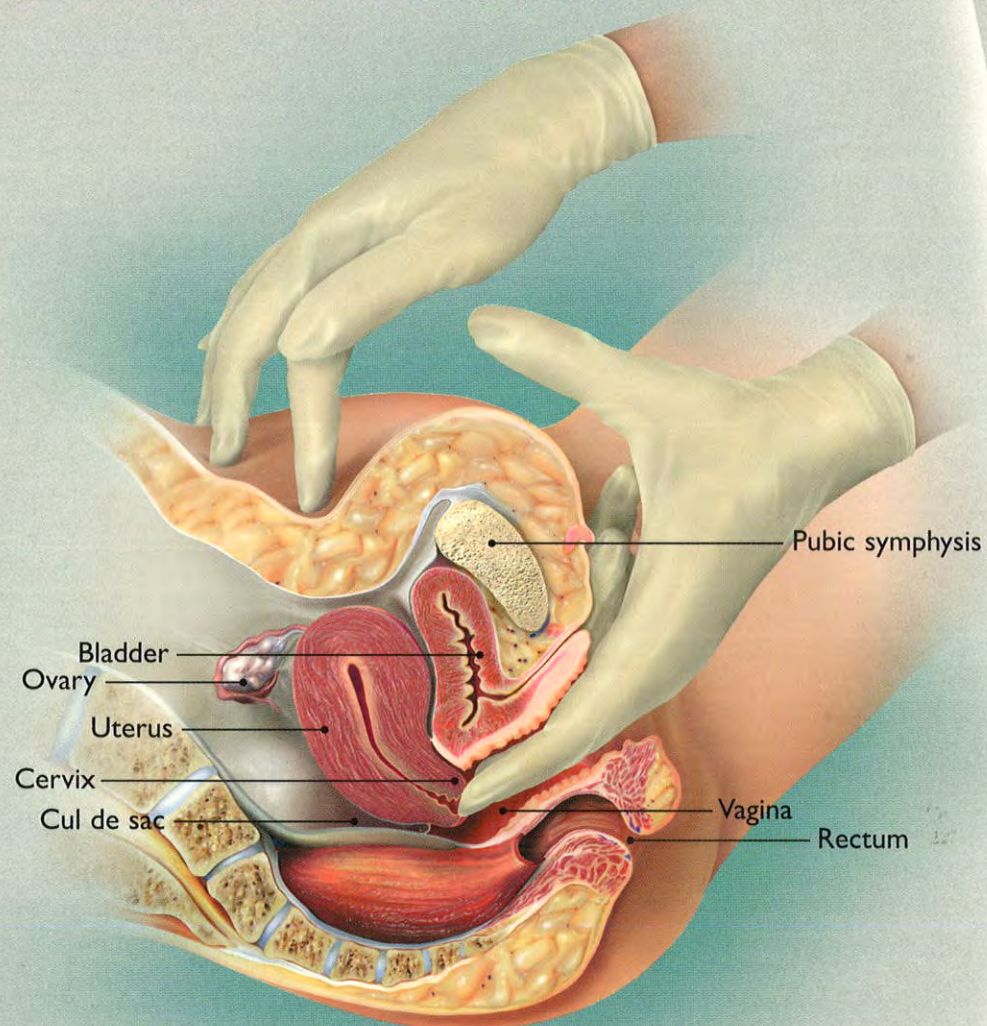


what to expect at your gynecologic exam

As part of your gynecologic exam, a breast exam, evaluation of the external genitalia, bimanual (pelvic) exam, and Pap test are performed. The breast exam is done to check for lumps and other breast abnormalities, such as skin dimpling and nipple irregularities. Your healthcare professional may also discuss the importance of regular breast self-exams. (See the Breast Exam section.)

PERFORMING THE BIMANUAL EXAM



THE PAP TEST

The Pap test is a screening test performed to detect:

- Premalignant and malignant changes in the cervix, as well as viral infections, such as herpes simplex, condylomata, and human papilloma virus (HPV)
- It is also helpful in picking up abnormalities of the endometrium such as hyperplasia and cancers, but is not routinely used to screen for these conditions

The American College of Obstetricians and Gynecologists recommends an annual Pap test, especially for those women who are at risk for cervical cancer (women with multiple sexual partners, a history of sexually transmitted disease, HPV, and prior abnormal Pap tests).

The techniques of collection of a Pap test may vary, but the following is a common procedure:

- A specially designed instrument is used to collect a sample of the cells from the external surface of the cervix and inside the canal of the cervix
- The sample is placed on a slide and sprayed with a fixative
- The slide is sent to the laboratory for evaluation

An alternative to the traditional Pap test is the ThinPrep®.

ThinPrep is a registered trademark of the Cytoc Corporation.