

# HOLOGIC°

#### WHAT DOES YOUR HEALTHCARE PROVIDER NEED TO KNOW AT YOUR ANNUAL EXAM?

- The date of your last period
- Whether your periods come regularly, how long they last and how heavy they are
- If you've ever had an abnormal Pap test
- ☑ The date of your last mammogram
- The date of your last colonoscopy
- ☑ If you feel pain during intercourse
- Any drastic weight changes
- Any medications, including non-prescription drugs
- Any family history of cancer, heart disease or diabetes
- Recent changes in skin or hair loss
- ☑ Issues with bladder control

## HOW BEST TO PREPARE FOR YOUR ANNUAL EXAM:

- Avoid vaginal medication, personal lubricants, vaginal contraceptives and douches for 48 hours before your appointment.
- Refrain from sexual intercourse for 48 hours before your appointment.
- Drink plenty of water the day of your appointment. You may need to give a urine sample.
- Schedule your appointment on a day when you will not have your period.

### HOW CAN YOU PROTECT YOUR CERVICAL HEALTH?

Start by talking with your healthcare provider. If you are 30 to 65 years old, a Pap test in combination with an HPV test is the preferred screening strategy according to societal guidelines.<sup>2</sup>

### THE CHANGE STARTS WITH YOU

Visit **HEALTHDXS.COM** and **PAPPLUSHPV.COM** to learn more about cervical cancer screening guidelines and the importance of regular screening



References: 1. American Cancer Society. Cancer Facts & Figures 2017. https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2017/cancer-facts-and-figures-2017.pdf; 2017. Accessed November 11, 2019. 2. ACOG. Cervical Cancer Screening FAQ. https://www.acog.org/Patients/FAQs/Cervical-Cancer-Screening. Published September 2017. Accessed November 11, 2019.

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