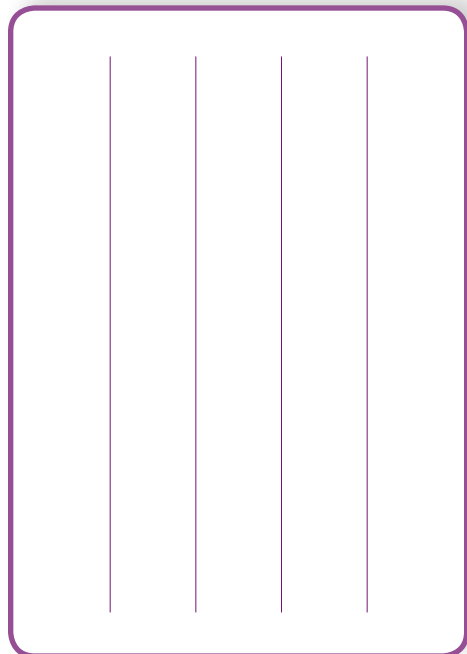


PLACE
STAMP
HERE



This is about

YOU.



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
- Whether 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



What do I do to prepare for a Pap test?

- 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 prevent cervical cancer?

Start by talking with your healthcare provider. For more accurate and reliable cervical cancer screening results ask about the ThinPrep® Pap and Cervista® HPV tests.

Please call to confirm your next appointment.