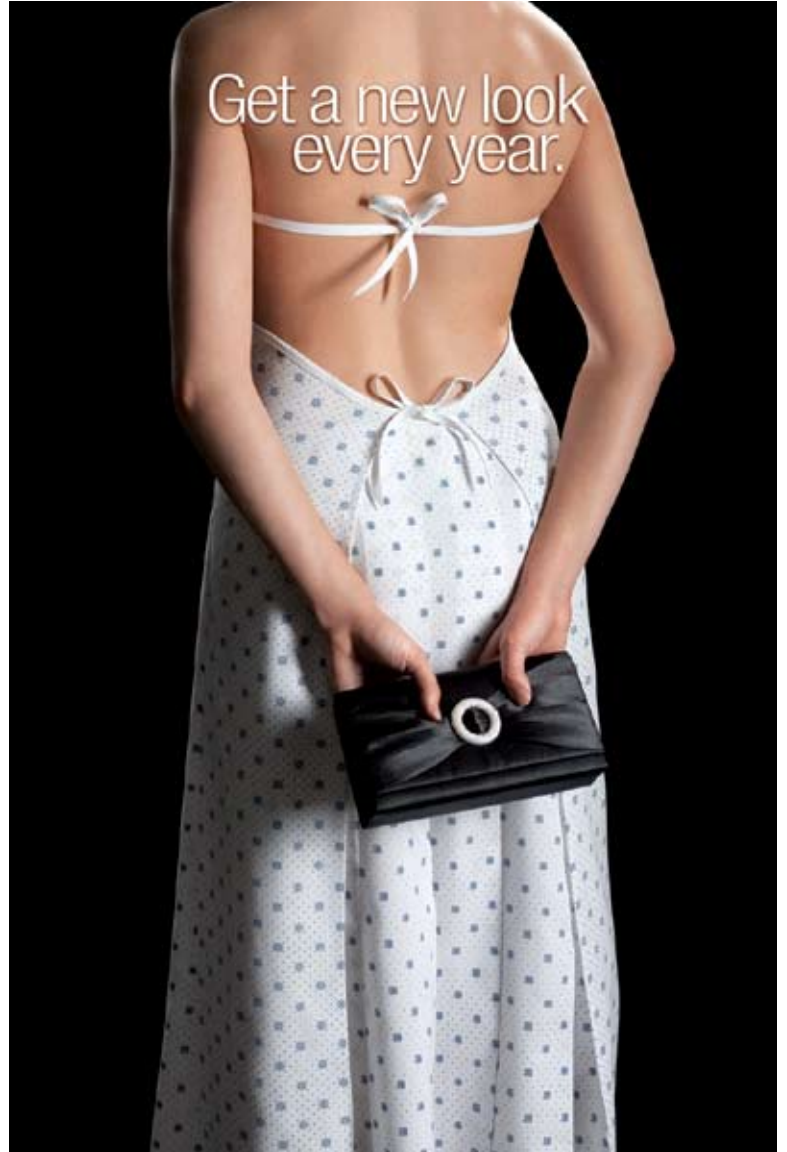
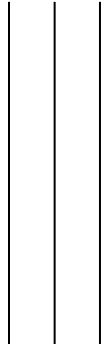


Place
Stamp
Here



What to know before you go for your annual appointment

- The date of your last period.
- Whether your periods come regularly, how long they last, and how heavy they are.
- The date of your last mammogram and /or colonoscopy.
- Which medications, including non-prescription drugs you take on a regular basis.
- Any family history of cancer, heart disease, or diabetes.



How to prepare for your Pap test

- Avoid douching and the use of lubricants 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.

Please call to confirm your next appointment.

The ThinPrep Pap Test, with its unique imaging technology, provides the most comprehensive cervical screening today.