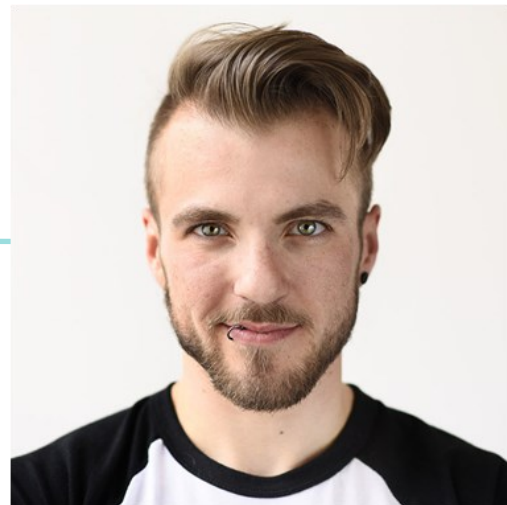


Pap tests for trans men



If you have a cervix, having regular Pap tests is important for your health.

What is a Pap test?

A Pap test looks to see if there are any cell changes on the cervix. The cervix is at the back of the vagina, or front hole. A Pap test is the only way to see if there are cell changes on the cervix. Cell changes can be a sign of cancer.

When do I need a Pap test?

Once you turn 21, get a Pap test every 3 years. You may need to have a Pap test more often if you had an abnormal (not normal) Pap test result in the past.

Tell your doctor:

- If you are taking Testosterone or T.
- If you have had bottom surgery.
- If you have HIV or other health issues.

What happens during a Pap test?

1. You will take off your clothes from the waist down and put on a paper gown.
2. You will lie down on your back, with your knees up and bent. You will put your feet in foot rests.
3. The doctor will put a small tool called a speculum inside to see better.
4. The doctor will use a small brush to take some cells from the cervix.

For tips on how to relax during the Pap test, see the next page.

What about the results?

Your doctor will call you if the results are abnormal. Make sure to follow up with your doctor. You may need more treatment.

If you get an abnormal Pap test result, stay calm. Getting an abnormal Pap test result is common. Cervical cancer is not.



What if I feel nervous?

Having a Pap test can be hard for lots of people. But it is important for your health. Here are some tips to help you get through the test.

Before the Pap test

- Have a visit with your doctor to talk about the Pap test. Tell your doctor what may help you feel more comfortable.
 - You can ask for anxiety medicine to help you feel calmer for the test.
 - If you are not used to having something put inside you, try getting comfortable with the speculum at home. We can give you a speculum for practice.
 - You can ask your doctor if you can put the speculum in during the Pap test.
- If you are bleeding or spotting, set up your Pap test on a different day.
- Bring someone you trust with you to the visit. Let them know how they can help. Ask your doctor if they can come in the exam room with you. If not, they can be there for you in the waiting room when you are done.

During the Pap test

- Take long, slow, and deep breaths to relax. Try meditation or other breathing exercises.
- Ask your doctor to use terms that you prefer, like front hole.
- Don't be afraid to tell your doctor exactly what you need. If this is hard, you can write it down before your visit and give it to your doctor. You can ask your doctor to explain what they are doing step by step. Or, you could ask your doctor to talk to you about something else, or to just be quiet.
- If anything does not feel right or if you need to stop the test, tell your doctor.

After the Pap test

- Treat yourself! After the test, do something that makes you feel good.
- Remember that you are doing something important for your health. Be proud!

Talk to your CHN health educator or doctor if you have questions!