



# FACE YOUR *Health*

## CERVICAL CANCER SCREENING: Where to Go

Clinic Name	Address, Phone Number, Website	Hours	Bus/Train Route

Community Health Worker Name, Phone Number, and Email Address:

### What to Bring With You

- ✓ Picture identification (driver’s license or state ID card)
- ✓ Insurance card (if you have one)
- ✓ Other forms:

### What to Know Before You Go

- For the 2 days before your exam:**
- ✗ Don’t douche.
  - ✗ Don’t use a birth control foam, cream, or jelly.
  - ✗ Don’t use any medicine or cream in your vagina.
  - ✗ Don’t use a tampon.
  - ✗ Don’t have sex.

If you get your period, call the clinic. They might need to reschedule your appointment.

**Remember:** One screening is not enough. Regular screening can help prevent cervical cancer or find it early when it’s easier to treat. Get a Pap test every 3 years. Or get an HPV test, or an HPV test and a Pap test together, every 5 years.

