

Pap Smear

It's important for women to get Pap Tests when they are indicated, which check for abnormal cells in the cervix that might lead to cervical cancer.

It's important to not have a Pap Test when it isn't needed, because:

- A Pap test can be uncomfortable and cause temporary bleeding.
- Lab fees for a Pap test can be up to several hundred dollars for an abnormal result.
- When overused, it's more likely to spot abnormalities that would go away on their own. Yet those findings often cause anxiety and prompt repeat Paps tests and procedures. For example, abnormal results can sometimes trigger a test called colposcopy, in which doctors take tissue samples, that can cause bleeding, cramping, discharge, and infection.

When should I have a Pap test?

According to ACOG and the American Cancer Society:

- If you are under 21 years old, you do not need a Pap Test. Cervical cancer is rare in women younger than 21, even if they're sexually active. Plus, abnormal cells found in these younger women usually return to normal, making follow-up treatment unnecessary and possibly harmful.
- For women ages 21 to 29, having the test once every three years works as well as having it annually, because cervical cancer generally takes 10 to 20 years to develop. In addition, getting the test every three years can cut the number of follow-up tests.
- Women ages 30 to 65 can go five years between Pap tests if they combine it with a test for the human papillomavirus (HPV), a sexually transmitted infection that can cause cervical cancer. If the last Pap test you had did not test for HPV, then the next Pap should be performed 3 years later.
- Any woman with risk factors for cervical cancer—including a history of the disease or pre-cancerous changes, or a compromised immune system—should be tested as recommended by her doctor.

I have read and understood the above, and discussed this information with my midwife. I choose:

Pap Smear

- I am due for a Pap at this time, and would like one performed today or at my next prenatal visit.
- I am due for a Pap at this time, but decline to have a Pap Test performed at this time. Instead I choose to have a Pap at my final postpartum visit, typically about 6 weeks after my baby is born.
- I am not due for a Pap at this time, but will be by my final postpartum visit, and will have a Pap at that time.
- I decline to have a Pap test done by the midwives at Nine Short Months. I may or may not choose to have this test performed elsewhere.
- I will not be due for a Pap until after my final postpartum visit with Nine Short Months. I know that I may return when my Pap is due to have the test performed at Nine Short Months.

Electronically signed by: Sample Form

Date: 06/11/2021