

# Ontario Cervical Screening Program

«Correspondence Date»

«Letter Reference Number»

«FIRST \_ NAME \_ X» «LAST \_ NAME \_ X»  
«CONTACT \_ STREET \_ ADDRESS \_ X»  
«CCC \_ CONTACT \_ STREET \_ ADDRESS \_ 2 \_ X»  
«CITY \_ X» «CCC \_ CONTACT \_ PROVINCE \_ X» «POSTAL \_ CODE \_ X»

Dear «FIRST\_NAME\_X» «LAST\_NAME\_X»:

Our records show that it is time for you to get a Pap test to protect you from cervical cancer. This year about 1,500 women will get cervical cancer in Canada, and every day at least 1 woman will die from this preventable disease.

A Pap test can help prevent cervical cancer. Cervical cancer is almost 100% preventable with regular Pap tests and following up with a doctor after an abnormal Pap result. That's why women in Ontario ages 21 to 69 are asked to have a Pap test every 3 years.

A Pap test only takes a few minutes and is covered every 3 years under the Ontario Health Insurance Plan (OHIP).

You can get a Pap test from your family doctor or at many medical clinics across Ontario.

**It's your call to make. Book a Pap test today.**

Yours sincerely,

Linda Rabeneck, MD MPH FRCPC  
Vice-President, Prevention and Cancer Control, Cancer Care Ontario

**Screen for Life**  
Cancer screening sees what you can't

- Breast
- Cervical
- Colorectal

## Take a minute and book your test today!



### Book an appointment with your family doctor

What if you do not have a family doctor or nurse practitioner?

The **Health Care Connect** program can help you find one for free! Call **1.800.445.1822** or visit [ontario.ca/HealthCareConnect](http://ontario.ca/HealthCareConnect)



### Visit a clinic that offers Pap tests if you prefer

Search online for a clinic near you that offers Pap tests. Visit [ontario.ca/HealthCareOptions](http://ontario.ca/HealthCareOptions) and search for "Pap smear" in your area.



Call **Telehealth** and ask for a clinic near you that offers Pap tests. Call **1.866.797.0000** 24 hours a day, 7 days a week

## My appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Phone: \_\_\_\_\_

Clinic/doctor/nurse: \_\_\_\_\_

Location: \_\_\_\_\_

# Have questions?

Visit  
[cancercare.on.ca/paptest](https://cancercare.on.ca/paptest)  
for more information

| Do I need a Pap test if...   | Yes | No |
|--|-----|----|
| I feel healthy and have no symptoms                                | ✓   |    |
| I have never had intimate sexual contact                           |     | X  |
| I used to be, but am no longer sexually active                     | ✓   |    |
| I have only had 1 sexual partner                                   | ✓   |    |
| I am in a same-sex relationship                                    | ✓   |    |
| I have been through menopause                                      | ✓   |    |
| I have no family history of cervical cancer                        | ✓   |    |
| My cervix was completely removed for a hysterectomy                |     | X  |
| I am under 21 or over 70 years old                                 |     | X  |
| I am over 70, but have not had 3 normal tests in the past 10 years | ✓   |    |
| I have had the HPV vaccine   | ✓   |    |

## What is a Pap test (also known as a Pap smear)?

A Pap test looks for early cell changes that could lead to cervical cancer. An instrument, called a speculum, is inserted in your vagina and samples of your cervical cells are taken with a soft brush so they can be looked at under a microscope. Pap tests are not perfect. A single test could miss some abnormal cells, so it is important to do the test every 3 years. If you have abnormal bleeding or discharge from your vagina, see your doctor even if your last Pap test was normal.

## What causes cervical cancer?

Cervical cancer is caused by infection with the human papillomavirus (HPV). Infection with HPV is very common. Most people will not know they have it because there are often no symptoms and the infection goes away without causing harm. HPV is sexually transmitted and causes cell changes in the cervix that are usually found with a Pap test. HPV can cause cancer when the infection does not go away, although it usually takes many years for cancer to develop.

## How often do I need a Pap test?

Every 3 years, ages 21 to 69. To help you and your healthcare provider remember when it is time for your Pap test, Cancer Care Ontario will send a reminder letter directly to you. We will also send you a letter about your Pap test result a few weeks after your test.

## How much does a Pap test cost?

Pap test screening every 3 years is covered by the Ontario Health Insurance Plan (OHIP).

## What happens after I get my Pap test?

A few weeks after your Pap test, Cancer Care Ontario sends a letter to you with your result. If the result is abnormal, you will be asked to contact your healthcare provider.

## Who is Cancer Care Ontario?

Cancer Care Ontario is an Ontario government agency. For more information on our cancer screening programs, visit [ontario.ca/ScreenForLife](https://ontario.ca/ScreenForLife), or contact us at [screenforlife@cancercare.on.ca](mailto:screenforlife@cancercare.on.ca) or 1.866.662.9233.

To stop getting cancer screening letters, fill out the form at [cancercareontario.ca/screeningletters](https://cancercareontario.ca/screeningletters) or call 1.866.662.9233 to get a form. You may change your mind at any time. Your privacy matters: visit [cancercareontario.ca/screeningphi](https://cancercareontario.ca/screeningphi)

## Need this information in an accessible format?

1.855.460.2647 / TTY 416.217.1815 | [publicaffairs@cancercare.on.ca](mailto:publicaffairs@cancercare.on.ca)