**FACE YOUR Health**

**CERVICAL CANCER SCREENING: Where to Go**

<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Address, Phone Number, Website</th>
<th>Hours</th>
<th>Bus/Train Route</th>
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</thead>
</table>

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

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**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.