Based on: American Society for Colposcopy and Cervical Pathology 2012 Consensus Conference

- **Women should have their first screening Pap Smear at age 21.**
- **Women in their 20’s** should have a Pap smear every 3 years, as long as their previous Pap smears have been normal. Routine testing for High Risk HPV is not recommended in this group.
- **Women 30 to 65 years of age** should have a Pap smear every 3 years, as long as their previous Pap smears have been normal, OR every 5 years if their Pap smear was normal AND their Co-test High Risk HPV screen was negative.
- **Women who have a hysterectomy with removal of the cervix for non-cancerous reasons, and have had no previous history of abnormal Pap smears**, no longer need Pap smear testing.
- **While HPV Vaccine reduces the risk of an abnormal Pap smear and cervical cancer, it does not effect these Pap smear recommendations.**

**Women who have had abnormal Pap smears** need to consult their practitioner regarding the recommended follow up. It is likely that they will want to review relevant medical records in regard to that history.

Regardless of whether or not you get a Pap smear, **we still recommend a yearly exam** including, breast exam, pelvic exam and STI screening; if indicated.

**Patients receiving a birth control method from NIU must have a yearly exam.**

If you have any further questions or would like to make an appointment, please call Health Services at **815-753-1311**.