

Frequently Asked Questions

Do I need a referral?

No. If you are due for a Pap test (you have not had one in the last three years) no referral is necessary. You can book an appointment through our Patient Portal, over the phone, or in person at a location that offers Pap tests.

When is the best time to have a Pap test?

Ideally a Pap test should be done during the middle of your cycle, around day 14 after your period starts.

I received the HPV vaccine in school as a teenager. Do I still need a Pap test?

Yes, you should still have your routine Pap test every three years, even if you have been vaccinated.

Does the Pap test check for sexually transmitted infections (STIs)?

The Pap test does not check for STIs, however, additional swabs are usually collected at the same time to check for STIs, such as chlamydia and gonorrhea. Your health care provider will review this with you at the time of the appointment.



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Book Your Pap Test Today


Pap tests are available by appointment only.



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Pap Tests

Book by Phone 

Book Online Via our Patient Portal 

**What You Need To Know
About Pap Tests**

Pap Test

What Is a Pap Test?

A Pap test (also known as a Pap smear) is a test that may help prevent cervical cancer. The two-minute procedure involves collecting cells from the cervix, which can detect cell changes that, if left untreated for several years, could eventually turn cancerous. When changes in cervical cells are found early, they can often be treated effectively before they become dangerous. Regular Pap testing can reduce cervical cancer deaths by 70 per cent.

What Causes Cervical Cancer?

Cervical cancer is usually caused by the Human Papilloma Virus (HPV). However, several other factors are known to increase the risk of cervical cancer including:

- Sexual activity
- Smoking
- Weakened immune system
- Diethylstilbestrol (DES)
- Socioeconomic status
- Family history
- History of STIs (sexually transmitted infections)

Does Vaccination Prevent HPV?

Yes, vaccination is an effective way to prevent cervical cancer. A new and safe HPV vaccine is available at all Appletree locations. However, even if you have been vaccinated, you should still get a regular Pap test. Book your appointment today at any Appletree location offering Pap tests

What are the Symptoms of Cervical Cancer?

In the early stages of cervical cancer, a woman may or may not experience symptoms. Common symptoms include:

- Abnormal vaginal bleeding or spotting between periods
- Pain during sexual intercourse or bleeding afterwards
- Clear, watery or foul-smelling discharge from the vagina
- Increased amount of vaginal discharge

Updated guidelines recommend Pap testing for women who are, or have been, sexually active. Testing should begin at age 21, and repeated every three years. Screening may be discontinued at the age of 70, if there have been three or more normal tests in the last 10 years.

What To Expect



Book Your Appointment

Pap testing is available by appointment at many Appletree Medical Centres.



During the Appointment

Our healthcare professional will perform a medical exam designed to collect cells from your cervix for analysis by the laboratory.



After Your Appointment

Pap test results will be available after your appointment on our secure Appletree Patient Portal. The doctor will contact you for any follow-ups required.

Receive Your Pap Test



✓ In-Clinic

