

# New 2010 Pap Smear Recommendations

The American College of Obstetricians and Gynecologists (ACOG) recently came out with new Pap smear guidelines.

- Women should have their first screening Pap smear at age 21 unless the woman has had a previous abnormal Pap smear
- Women in their 20's should have a Pap smear every two years (assuming prior Pap smears have been normal)
- Women age 30 and older who have had three consecutive normal Pap smears should have a Pap smear every three years
- Women who have had a hysterectomy for non-cancerous reasons do not need a Pap smear unless they have a cervix
- These guidelines need to be followed whether you have or have not had the HPV vaccine

NIU Health Services is putting the ACOG recommendations into practice starting January 2010.

- We still recommend a yearly physical including a breast exam, pelvic exam\*, and STI screening if indicated.
- You must have an annual exam to receive birth control.
- If you have ever had an abnormal Pap smear, consult with a physician concerning how often you will need a Pap smear.

\* The pelvic exam may or may not include a Pap smear based upon your history and the ACOG guidelines. Your physician will discuss this with you at the time of your appointment.

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

For more information:

[http://www.acog.org/acog\\_districts/dist\\_notice.cfm?recno=13&bulletin=3161](http://www.acog.org/acog_districts/dist_notice.cfm?recno=13&bulletin=3161)