

New Pap Test Recommendations

The recommendations for when to have a Pap test have changed. Many women are now able to have a Pap test every 2 or 3 years, instead of annually. Keep in mind, these changes do not mean that you don't need a yearly exam. **You should still see your gynecologist every year for well-woman care, including a pelvic exam, a breast exam, and other screening based upon your age and your medical history.**

Women age 29 and younger

We recommend a Pap test every year. If the test is abnormal, the lab will automatically perform a test for the high-risk types of HPV, the viruses that cause almost all abnormal pap results. We also follow CDC guidelines in recommending annual screening for chlamydia and gonorrhea, the two most common sexually transmitted infections, for women age 25 and younger.

Women age 30 and older

We recommend choosing one of two different options for cervical cancer screening:

A Pap test every 2 years. If the test shows atypical cervical cells, the lab will automatically perform a test for the high-risk types of HPV, the viruses that cause almost all abnormal Pap results. The cost for this Pap test is \$59.60. If your Pap test shows atypical cells and the HPV test is run, the cost for the additional test is \$111.50.

OR

A Pap test plus testing for the high-risk types of HPV, the viruses that cause almost all abnormal Pap results, every 3 years. Testing for these types of HPV in women 30 years and older can help predict whether dysplasia will be diagnosed in the next few years, even if Pap test results are normal. The cost for this test is \$169.90.

We can discuss your options with you at your visit.

If you have questions about insurance coverage, check with your insurance company prior to your appointment to determine if you will be billed for any portion of your laboratory fees.

Remember, you should still come in for your exam every year.