



**Review the information below before the appointment for your Pap test and ensure to follow instructions.**

**24 Hours Before Your Appointment**

- No vaginal creams, or douches 24 hours before the appointment
- No sexual intercourse within 24 hours before the appointment

**The Day of Your Appointment**

- Bring the date of the 1<sup>st</sup> day of your last menstrual cycle
- Bring a list of any medications you are currently taking, if any
- Bring your valid OHIP card
- Arrive 10 to 15 minutes prior to your appointment time
- You will be required to complete a medical questionnaire prior to the exam