



Improving lives through the prevention and treatment of anogenital & HPV-related diseases

## PATIENT RESOURCES

# Cervical Cancer Screening in Transgender, Non-binary, Gender Non-conforming, and Gender Fluid Individuals

Care for transgender, non-binary, gender non-conforming, and gender fluid individuals should include routine health exams and screening for cancers as indicated. This includes cervical cancer screening for individuals with a cervix, unless it has been removed by surgery. Screening for cervical cancer can be both physically and emotionally distressing; however, the early detection of abnormal tests can lead to earlier diagnoses and possible cancer prevention. Individuals with a cervix have similar risks of cervical cancer, regardless of gender identity. Screening should begin at age 21. Recommendations for screening are similar to those for individuals assigned female at birth and may include a Pap smear (test used to screen for cervical cancer and/or other vaginal issues) and/or HPV tests. Sometimes individuals on hormone therapy can have inconclusive Pap tests. The longer a patient has been on testosterone hormone therapy, the higher the chance of an unsatisfactory result. Further testing (see “colposcopy”) is sometimes needed.

## Self-Collected HPV Tests

Self-collected HPV specimens are now an FDA-approved option for individuals who may find speculum insertion physically difficult or emotionally traumatic. This allows individuals to collect their own vaginal samples in a healthcare setting, providing a less invasive testing option and improving access to cervical cancer screening for those who face barriers.

## The following tips can help prepare for an exam:

Asking for an explanation of the steps of the exam can reduce the stress of not knowing what to expect.

If you have had an exam in the past that made you uncomfortable, talking to your provider about this can help them plan with you how to make this exam as easy as possible.

Your provider will likely use a small speculum with lubricant. Before inserting the speculum, they may do an exam with their finger to locate the cervix so the speculum placement is easier.

A small tool such as a soft brush or a plastic spatula will be used to obtain the sample from the cervix.

After the exam, talk with your provider about how you will receive your results (phone, letter, electronic communication). If you find the exam difficult, make sure you have a plan for taking care of yourself afterwards. This may include resting at home, talking with someone in your support system, etc.

### REFERENCES: UCSF Transgender Care, WPATH Standards of Care V8, ACOG Guidelines

<http://transhealth.ucsf.edu/pdf/Transgender-PGACG-6-17-16.pdf>

[https://s3.amazonaws.com/amo\\_hub\\_content/Association140/files/Standards%20of%20Care%20V7%20-%202011%20WPATH%20\(2\)\(1\).pdf](https://s3.amazonaws.com/amo_hub_content/Association140/files/Standards%20of%20Care%20V7%20-%202011%20WPATH%20(2)(1).pdf)

*ASCCP is a professional society for an interdisciplinary group of healthcare professionals including physicians, physician assistants, nurse practitioners, midwives and researchers, who are focused on improving lives through the prevention and treatment of anogenital and HPV-related diseases. For more information visit [www.asccp.org](http://www.asccp.org).*