



Republic of the Philippines
Department of Environment and Natural Resources

Visayas Avenue, Diliman, 1106 Quezon City
☎ (632) 929-6626 to 29; 929-6252; 929-6633 to 35; 929-7041 to 43
E-mail: web@denr.gov.ph; Website: www.denr.gov.ph

ADVISORY
CONDUCT OF PAP SMEAR AND BREAST ULTRASOUND UNDER THE
CANCER PREVENTION AND CONTROL PROGRAM ON NOVEMBER TO
DECEMBER 2023

FOR/TO : All Officials and Employees
DENR Central Office

The Human Resource Development Service, through its Medical Unit, will conduct Pap Smear and Breast Ultrasound for employees and contract of service personnel from 28 November to 1 December 2023, 7:30 AM to 4:00 PM at the DENR Multipurpose Building.

This activity can accommodate up to a maximum of 300 individuals per procedure and will be on a first-come-first-served basis. All interested employees including Job Order and Contract of Service are encouraged to register online by accessing the link or QR code below. Those who have pre-registered will be prioritized.



<https://forms.gle/7uU1P1CeNt8dFBFC6>

SCAN ME

Relative to this, everyone is advised of the following details:

1. Pap Smear and Breast Ultrasound are strictly for DENR Central Office permanent, casual, coterminous, contractual-PS, and contract of service personnel;
2. A schedule will be posted for the smooth flow of the activity and to limit the number of persons for Pap smear and Breast Ultrasound who will be accommodated on a "first-come, first-served basis" at the venue.
3. Read carefully and follow the preparations needed prior to the procedure you want to avail.
4. Health and safety measures shall be observed including proper wearing of face masks and hand sanitation;
5. Things to bring:
 - a) DENR ID
 - b) Ballpen
 - c) Water tumbler/container

Further, employees who will miss their on-site schedule at DENR Central Office may opt to visit the Mayon Clinical Laboratory and Medical Services located at SMDC M Place Mall Unit 105 Ground Floor South Triangle 116 Panay Avenue, Quezon City from December 2-10, 2023 only. Present your DENR ID at the registration area

Attached herewith are the guidelines for employees.

For information and guidance.

M. M. Marcello
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Service



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GUIDELINES IN THE CONDUCT OF PAP SMEAR AND BREAST ULTRASOUND CY 2023

Below is the suggested flow of the Pap Smear and Breast Ultrasound.

Everyone is encouraged to observe the minimum health protocols by wearing well-fitting masks and sanitizing hands frequently.

REGISTRATION

- Employee shall register her name in the Attendance Sheet and complete the registration form provided at the Registration Area manned by the service provider, Mayon Clinical Laboratory and Medical Services staff.

PREPARATION PRIOR TO UNDERGOING A BREAST ULTRASOUND TEST

FOR BREAST ULTRASOUND:

- It is advised to refrain from having the procedure done a WEEK BEFORE or a WEEK AFTER your menstrual period since the breasts are very sensitive during these times.
- On the day of the procedure, DO NOT apply any lotion, cream, powder, deodorant, solution, or any chemicals to the skin ON or AROUND the breasts.
- Wear loose and comfortable clothing.
- DO NOT wear any jewelry, watch, or any metal on the body as they can interfere with the results.

FOR PAP SMEAR:

- It is best to schedule your Pap smear right after your period has finished, or in the week before your next menstruation is due.
- For those with irregular menstrual period, you can undergo the procedure as long as your flow tends to be mild to moderate at any point in your cycle. The menstrual flow can interfere with the results by obstructing access to the cervical cells that the smear seeks to obtain.
- AVOID sexual intercourse 2 days PRIOR to the test.
- AVOID douching or using vaginal creams, jellies, spermicidal foams, or any vaginal preparations or medications for two days PRIOR the test.