

RECOMMENDATIONS FOR ABNORMAL PAP/HPV

INDOLE-3 CARBINOL 400 MG DAILY FOR 6 MONTHS

This is available at Daughtery's Pharmacy (*FM 1960 and 59, next to Italiano's,*)
Vitamins and Such (*In Kingwood in the Stein Mart strip center*), the Vitamin Shoppe
(*In Humble*), online sources, and here in the office.

ANTIOXIDANT VITAMINS, VITAMINS A, C AND E, DAILY

AVOID NEW PARTNERS OR USE SAFE SEX IF YOU SHOULD HAVE A NEW
PARTNER

STOP USING TOBACCO IF YOU ARE

DO NOT DOUCHE

MAKE SURE YOU KEEP YOUR FOLLOW-UP PAP APPOINTMENT.