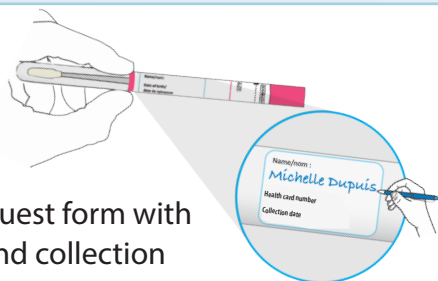


Cervical Self-Screening Test



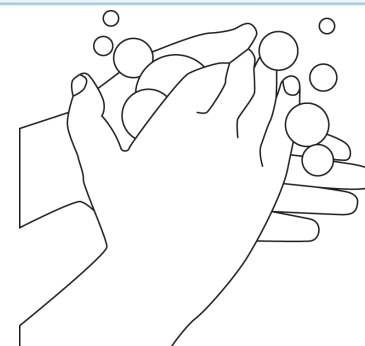
Instructions for Self-Screening:

1



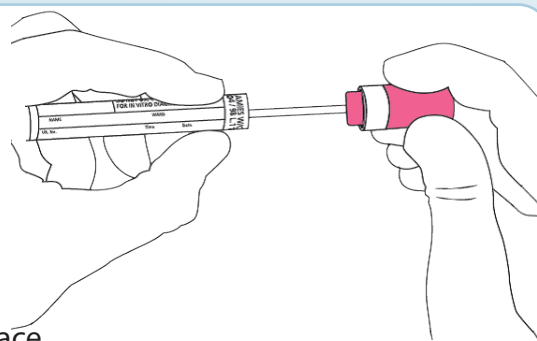
Label the tube and the purple request form with your name, health card number and collection date. Or ask your health care provider to label the tube and the form for you.

2



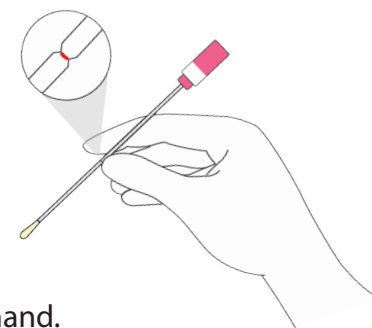
Wash your hands. Get undressed from the waist down.

3



Prepare the swab:
Hold the cap. Twist and pull to remove the swab. **Do not touch the soft end of the swab!**
Put the tube on a clean surface.

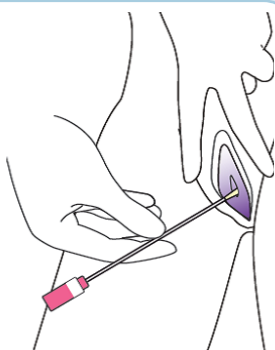
4



Hold the swab at the red line in one hand.

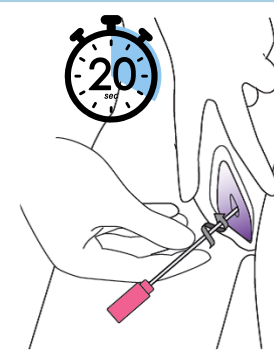
5

Collect your sample: Stand or sit with your legs apart. Use your other hand to hold back the folds of skin. **The test shouldn't hurt. If you feel any pain while collecting your sample, ask a health care professional for help.**



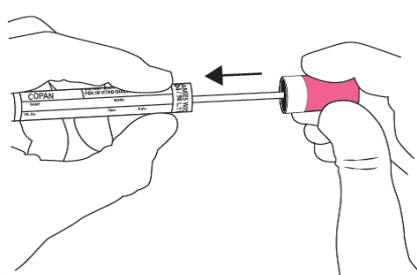
6

Gently put the swab into your vagina, where you would normally put a tampon, until your fingers touch your outer genitals. Rotate the swab as you slowly count to 20, then take it out.



7

Slide the swab into the plastic tube and close firmly. Place the tube into the plastic bag, seal the bag.



8

Return the sealed bag containing your collection to the health care provider. The health care provider will check your label and submit your sample to the lab for you.



DO NOT USE THIS KIT:

1. During pregnancy.
2. If you have given birth in the last three months.
3. If you recently had a gynaecological operation.
4. If you are experiencing unusual bleeding or pelvic pain.
5. During your period. Wait until your period is over.
6. If you have used vaginal products like ovules, creams or washes, vaginal contraceptives or condoms in the last three days.
7. If you have had sexual intercourse in the last two days.



How to take your own sample

Video credits: ScreeningBC, Cervix Self-Screening: Instructions, 2024, via www.youtube.com