

# CERVICAL SCREENING

## How to do the HPV self-test

TimeToCervicalScreen.nz

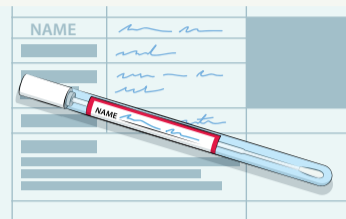
Safe.

Accurate.



National Cervical Screening Programme

This guide will help you collect your own vaginal sample. If you are unsure about anything or have any difficulty with the test, ask your healthcare provider for help.



If you chose to do a self-test you will be given a test kit with detailed instructions on what to do. If you have any questions or difficulty with the test, ask your healthcare provider for help.

Make sure your details are correct on the label and form and add anything that may be missing. You may need to fill in some information, like the date you do the test.



### Step 1.

Wash your hands with soap and water and dry them thoroughly.



### Step 2.

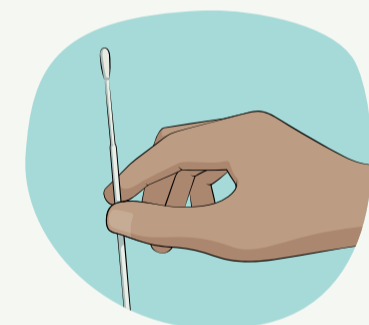
In a private space, find a comfortable position to take your sample. You may like to sit, stand, lie down or squat. If you cannot find a position that works for you, ask your healthcare provider for help.



### Step 3.

Take the tube containing the swab out of the bag and remove the swab stick. You may need to hold and twist the cap to break the paper seal.

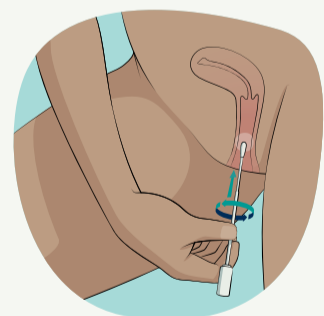
Try not to touch the swab tip either with your fingers or against any surface.



### Step 4.

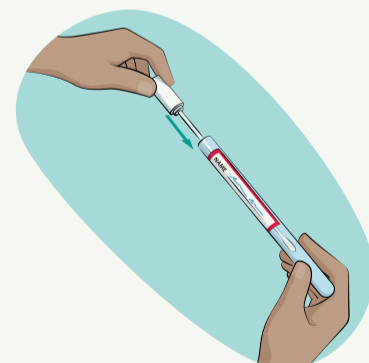
Holding the swab stick halfway down, use your free hand to open your vagina and gently insert the tip of the swab about 4-5cm (about the length of your thumb, similar to inserting a tampon).

Most people find it easy and comfortable to do. If you experience any pain, then draw the swab back a bit until it is more comfortable or ask your healthcare provider to assist.



### Step 5.

Rotate the swab about 4 times (around 20 seconds), gently touching the sides of the vagina, then remove.



### Step 6.

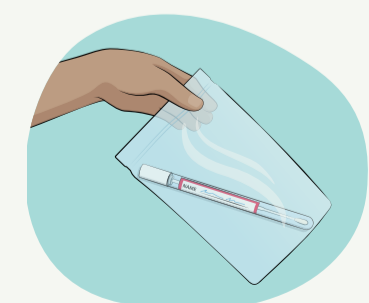
Once you have collected your sample, check the kit instructions for next steps on what to do with the swab.

Make sure the cap on your sample is put on tightly, so it is well sealed.



### Step 7.

Dispose of any leftover materials in the rubbish bin, then wash your hands with soap and water and dry them thoroughly.



### Step 8.

Place the completed sample and form back into the bag, seal it and give it back to your healthcare provider.

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Te Whatu Ora  
Health New Zealand

Te Aka Whai Ora  
Māori Health Authority

There may be some variation between the type of self-test swab shown in this guide with the swab used by your healthcare provider.

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