

INSTRUCTIONS

BEFORE TAKING THE TEST:

- ✓ Read through these instructions.

DO NOT TAKE THIS TEST:

- ✗ When you are on your period. Wait until your period is over.
- ✗ If you are pregnant. See your health care provider about a Pap test.
- ✗ If you are living with HIV or have had a solid organ transplant. See your health care provider once a year for a Pap test.

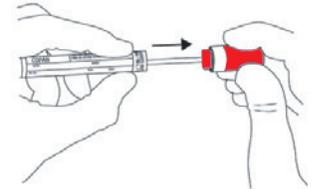
1

Wash your hands. Get undressed from the waist down.



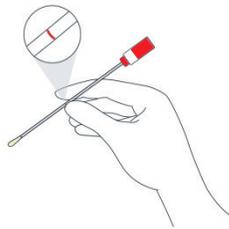
2

Collect your sample: hold the red cap to remove the swab from the plastic tube. Put the tube on a clean surface. Do not touch the soft end of the swab.



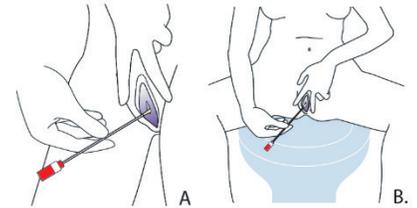
3

Hold the swab at the red line.



4

Stand (A) or sit (B) with your legs apart. Using your other hand, hold back the folds of skin.



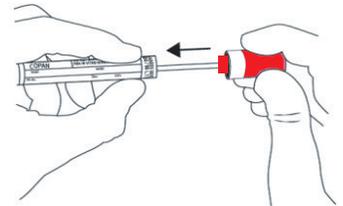
5

Gently insert the swab into your vagina until your fingers touch your external genitals (vulva). Rotate the swab for 20 seconds. Remove the swab.



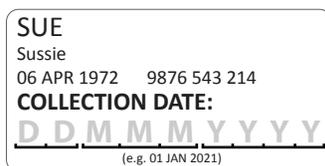
6

Slide the swab into the plastic tube and close firmly.



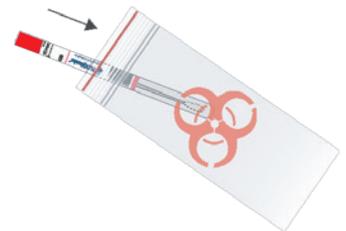
7

CLEARLY write your collection date on the tube label AND the lab requisition.



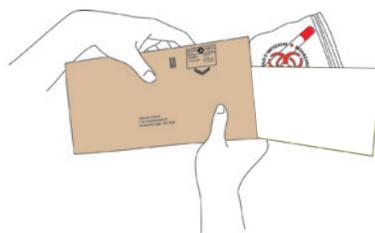
8

Place the tube into the plastic bag. Seal the bag.



9

Put the sealed bag and your letter/lab requisition into the return envelope.



10

Drop off the envelope today at a Canada Post office or post box.



Contact BC Cancer Cervix Screening if you have questions:

1-877-702-6566

www.screeningbc.ca/cervix-pilot

Frequently Asked Questions

Will I collect my sample correctly? Will it hurt?

At-home cervix screening is easy and should not hurt. By following these instructions, you will be able to do this correctly. Only a small vaginal sample is needed.

What if I have trouble collecting my own sample?

You can take your kit to your health care provider to have them help explain how you can take your own sample or your health care provider can use this kit to take the sample for you.

How long will it take to get my results and how do I access my results?

You and your health care provider will get results between four to six weeks after you have mailed in your sample. Your lab results will also be available through **MyCareCompass** (formerly **my ehealth** and **my results**) if you have signed up for this service at: www.bc.mycarecompass.lifelabs.com.

What if a high-risk HPV type is found?

Learning that you have a high-risk HPV type does not mean you have or will develop cancer. Your results however will help you and your health care provider figure out next steps. Depending on your results, you may need a Pap test or colposcopy.

What happens if I can't return my kit the same day I collect my sample?

It is recommended that you wait to complete your kit on a day you are available to drop off your sample at a Canada Post office or post box right after. However, if that is not possible, please make sure to drop off your sample no more than 7 days after your sample collection date.

I lost/damaged my kit; can I request a new one?

If you lost or damaged your kit, please call BC Cancer Cervix Screening to request a new one at: 1-877-702-6566.

Should I store my sample at a specific temperature?

No, it is fine to store your sample at room temperature. Please remember to drop off your sample at a Canada Post office or post box no more than 7 days after your sample collection date.

Will this kit test for anything other than HPV?

This kit only tests for high-risk types of HPV. If you would like to test for other sexually transmitted infections (STIs), please speak with your health care provider.

Experiencing cervical cancer symptoms?

If you have vaginal bleeding after sex, between periods or after menopause; abnormal or increased vaginal discharge; unexplained pelvic pain or pain during sex, talk to your health care provider. It is important to investigate these symptoms - even if your screening results are normal.