

# CERVIX SELF-SCREENING KIT

## INSTRUCTIONS

### BEFORE TAKING THE TEST:

- ✓ Read through these instructions or watch the step-by-step video:



[screeningbc.ca/cervix](https://screeningbc.ca/cervix)

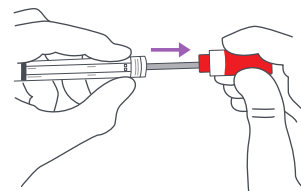
### DO NOT TAKE THE TEST:

- ✗ When you are on your period. Wait until your period is over.
- ✗ If you are pregnant or use a pessary. Talk to a health care provider about your screening options.
- ✗ If you've had your cervix removed (e.g., total hysterectomy). Talk to a health care provider to see if cervix screening is still required.

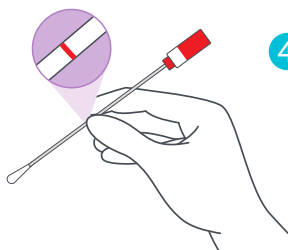
- 1 Wash your hands. Get undressed from the waist down.



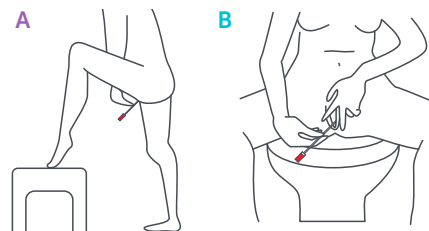
- 2 **Prepare the swab:** Hold the red cap to remove the swab from the tube. Put the tube on a clean surface. **Do not touch the soft end of the swab.**



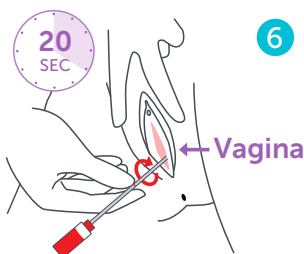
- 3 Hold the swab at the red line. This line lets you know how far to insert the swab. You do not need to insert the swab any further once your fingers touch your vaginal opening (vulva).



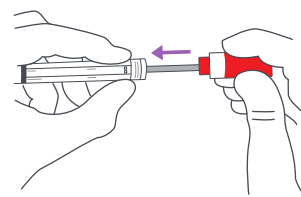
- 4 **Collect your sample:** Stand (A) or sit (B) with your legs apart. Using your other hand, hold back the folds of skin.



- 5 Locate your vagina, then gently insert the swab like how you would insert a tampon into your vaginal opening. Rotate the swab as you **slowly count to 20**, then remove the swab.



- 6 Slide the swab into the plastic tube and close firmly.



### IF COMPLETING TEST AT THE CLINIC:

- 7 Double check that the health care provider has labelled the collection date on your tube. Place the tube into the plastic bag. Seal the bag.

- 8 Return the sealed bag containing your collection device to the health care provider.

- 9 The health care provider will complete your lab requisition and submit your sample to the lab for you.

OR

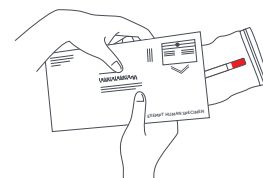
### IF COMPLETING TEST AT HOME:

- 7 **CLEARLY** write your collection date on the tube label **AND** the lab requisition. Place the tube into the plastic bag. Seal the bag.

- 8 Put the sealed bag and your lab requisition into the prepaid return envelope.

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

<b>LAST NAME</b>	
First Name	
06 APR 1972	9876 543 214
<b>COLLECTION DATE:</b>	
DDMMYY	
(e.g. 01 JAN 2021)	



The test shouldn't hurt. If you feel any pain while collecting your sample, please ask a health care provider for help.

# Frequently Asked Questions

## Will I collect my sample correctly? Will it hurt?

Cervix self-screening is easy and should not hurt. Only a small sample from your vagina is needed. By following these instructions, you can easily and safely collect your own sample. If you feel any pain while collecting your sample, please ask a health care provider for help.

## What if I have trouble collecting my own sample?

You can ask a health care provider to show you how to take the sample or they can take it for you.

## What if I drop the swab after collecting a sample?

If you drop the swab, try not to worry. It's best to send it to the lab as usual. If the swab touches a wet surface, there's a chance the result might come back invalid since wet surfaces can wash away some of the sample. We recommend sending in your sample as usual and if there are any issues, a new kit will be automatically sent to you.

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

Generally, HPV results are mailed to you and the health care provider 4 to 6 weeks after you send in your sample. However, delays may occur due to increased volumes at the Cervical Screening Laboratory. You may also access your results through **Health Gateway** at [healthgateway.gov.bc.ca](https://healthgateway.gov.bc.ca).

## What if a high-risk HPV type is found?

Learning that you have high-risk HPV doesn't mean you have or will develop cancer. Your results will help us figure out your next steps. Depending on your results and clinical history, you may need a Pap test or colposcopy.

## 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 a health care provider.

## 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's fine to store your sample at room temperature.

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

If you're not able to return your kit on the same day, please make sure to drop off your sample at a Canada Post office or post box **no more than 7 days** after your sample collection date.

## Experiencing cervical cancer symptoms?

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

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Contact BC Cancer Cervix Screening if you have questions:

1-877-702-6566

[www.screeningbc.ca/cervix](https://www.screeningbc.ca/cervix)

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