

INSTRUCTIONS

BEFORE USING THIS KIT:

- ✓ Read through these instructions or watch the step-by-step video: screeningbc.ca/cervix

DO NOT USE THIS KIT:

- ✗ 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.

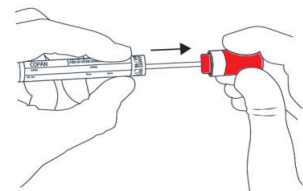
1

Wash your hands. Get undressed from the waist down.



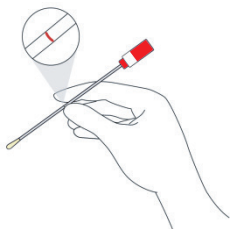
2

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.**



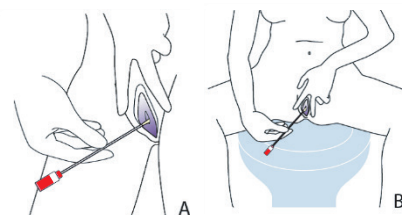
3

Hold the swab at the red line.



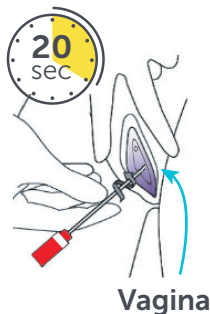
4

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



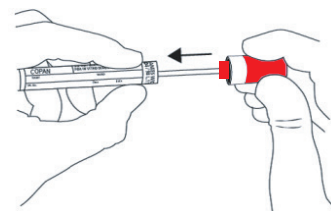
5

Gently insert the swab into your vagina, where you would normally put your tampon, until your fingers touch your external genitals (vulva). 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 KIT AT THE CLINIC:

7

Double check 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.

IF COMPLETING KIT 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.

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

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.



OR

The test shouldn't hurt. If you feel any pain while collecting your sample, please ask a health care professional 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 will be able to easily and safely collect your own sample. If you feel any pain while collecting your sample, please ask a health care professional 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?

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. Wet surfaces can wash away some of the sample, so you may need to collect a new one. Remember, unless you're told you need to collect a new sample, there was no issue with your sample and how you collected it.

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

Your results will be sent to you and a health care provider 4 to 6 weeks after mailing in your sample. Your lab results will also be available through **HealthGateway** at 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 figure out next steps. Depending on your results, 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.

Contact BC Cancer Cervix Screening if you have questions:

1-877-702-6566

www.screeningbc.ca/cervix

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