

24 September 2025

JANE SAMPLE
123 ANY STREET
ANY CITY, BC V1V 1V1

Dear Jane,

I would like to send you a cervix self-screening kit that lets you collect your own vaginal sample to screen for cervical cancer. The kit looks for the human papillomavirus (HPV), the virus that causes cervical cancer. If you've had cervix screening (i.e. Pap test or self-screening) in the last 3 months, please ignore this letter and contact us to cancel the mailing of your cervix self-screening kit at: 1-877-702-6566 or screening@bccancer.bc.ca.

Screening saves lives by finding cancer early or stopping it from starting, even if you are feeling healthy and have no symptoms. It's important to do even when you have no family history of cancer.

The self-screening kit is:

- ✓ **Very easy to do:** it only takes 20 seconds to get a good sample from your vagina (not your cervix). The test is safe and shouldn't hurt. Evidence shows that you are just as good at getting a vaginal sample as a health professional.
- ✓ **Private:** can be done by yourself, wherever you feel most comfortable such as in your home or at a health care provider's office.
- ✓ **Simple:** can be done on your own time, without the need to travel or take time off work.

A kit will be sent to you automatically if we do not hear from you in 3 weeks.

Contact BC Cancer Cervix Screening at **1-877-702-6566** (Monday to Friday 8:00 am - 5:30 pm or Saturday 8:30 am - 4:30 pm) or screening@bccancer.bc.ca if you have any questions or prefer not to receive a kit.

Please note: You do not need to screen if you've had cervical cancer or you do not have a cervix (e.g. total hysterectomy). If screening is no longer required, please see reverse side for instructions.

If you do not want to complete cervix self-screening, please schedule a Pap test with a health care provider. Visit www.screeningbc.ca/cervix to find a clinic near you.

Cervix screening has never been easier. Find out how screening has helped people at www.screeningstories.ca and learn more about how screening works at www.screeningbc.ca. I hope you will take care of your health and get screened today.

Sincerely,

Dr. Lily Proctor
Medical Director, Cervix Screening Program

Why did I receive this letter?

Our records show you may have never had cervix screening in British Columbia or that you are overdue for cervix screening. Anyone with a cervix, between the ages of 25 and 69, should screen regularly for cervical cancer. Screening can help find out if you are at risk for developing abnormal cells in your cervix. Finding and treating abnormal cells early can help prevent cancer. Screening can find cancer at an early stage – before it causes symptoms, when there are more treatment options.

Who should not get screened for cervical cancer?

You do not need to screen if you had cervical cancer or you do not have a cervix (such as total hysterectomy). If screening is no longer required, please contact us at 1-877-702-6566 or screening@bccancer.bc.ca to stop future reminder notices from being sent to you.

If you have bleeding after sex, between periods or after menopause; increased vaginal discharge; pelvic pain or pain during sex, it's important to discuss these symptoms with a health care provider. If you are pregnant, please talk to a health care provider about your options and when to screen.

Where did you get my personal health and contact information from?

As a program of the Provincial Health Services Authority, we receive relevant personal health and contact information from government organizations and health professionals that are directly involved in your care. We use this information to determine when you should receive letters for cancer screening and to provide you with your screening results. BC Cancer is committed to keeping your information private, confidential and secure at all times.

We use this information to:

- Invite you to consider screening when you are age-eligible;
- Remind you when you are due for your next screening test; and,
- Inform you of your screening test results, including follow-up information (if required).

You may be contacted in the future to complete feedback surveys regarding cervix screening. BC Cancer leads the provincial planning and regional delivery of cancer care for British Columbians. BC Cancer's mandate covers the full spectrum of cancer care and includes organized cancer screening programs for British Columbia. If you have questions about cancer screening notifications, please visit www.screeningbc.ca/notifications

My address has changed, what should I do?

If you have changed your address, please visit www.addresschange.gov.bc.ca to update your address with ICBC and Health Insurance BC at the same time.

Important information, please translate.

重要信息，请翻译。

ਮਹੱਤਵਪੂਰਨ ਜਾਣਕਾਰੀ, ਕਿਰਪਾ ਕਰਕੇ ਅਨੁਵਾਦ ਕਰੋ।

Mahalagang impormasyon, mangyaring isalin sa wikang tagalog.

Información importante; por favor, tradúzcala.

معلومات مهمة ، يرجى الترجمة .

Information importante, veuillez traduire.

重要信息，請翻譯。

Wichtige Informationen, bitte übersetzen.

중요한 정보를 번역하십시오.

Tin tức quan trọng, xin phiên dịch.

اطلاعات مهم ، لطفاً ترجمه کنید .

B.C. Cancer will collect and use your personal information for the purpose of providing screening services, including communication and follow-up, and for program evaluation purposes. This information is being collected in accordance with FIPPA s. 26(c) and (e). If you have any questions about the collection and use of your personal information, please contact screening@bccancer.bc.ca. For more information about privacy visit ScreeningBC.ca. If this information is received in error, please contact the sender immediately.