

Cervix Screening

Cervical cancer is almost entirely preventable. Regular screening is one of the key ways you can prevent cervical cancer.

Who should get cervix self-screening?

- ✓ Anyone with a cervix, including women and Two-Spirit, trans and non-binary people;
 - ✓ Between 25 to 69 years of age;
 - ✓ Due for screening: Have not had a Pap test in 3 years or more, or HPV test (self-collected or health care provider-collected) in 5 years or more; and,
 - ✓ Have ever been sexually active.
- ❗ Cervix self-screening is not recommended if you: have any symptoms (e.g. bleeding between periods); are currently pregnant; use a pessary; or do not have a cervix (e.g. total hysterectomy).

Request a cervix self-screening kit*

There's an alternative to the Pap test that screens for cervical cancer. You can do it yourself, wherever you feel safe and comfortable.

- Online at:** screeningbc.ca/cervix to request a kit by mail; or,
- By calling** Client Services at: 1-877-702-6566.
 - Hours: Monday to Friday 8:00 am to 5:30 pm or Saturday 8:30 am to 4:30 pm
 - Please have your BC Services Card/Care Card available.

*Please note, if self-screening isn't recommended based on your health history, a kit will not be mailed to you.



Learn more

Scan the QR code using your smartphone camera or visit screeningbc.ca/cervix for more information.