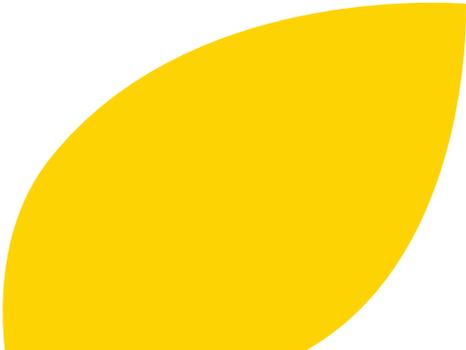


It is important that **all women and people with a cervix**, no matter what language they speak or how long they have been in Australia, **have a Cervical Screening Test every 5 years.**



What is self-collection?

A self-collected Cervical Screening Test is when a woman or person with a cervix takes their own sample using a cotton swab. This test is done privately at the doctor's or other health setting and is usually done behind a screen or in the bathroom.

Everyone who is eligible for their Cervical Screening Test can choose the self-collection option.

For more information

Call **13 11 20** for cancer information and support. If you would like to speak to someone in your own language, please call **13 14 50** and ask for Cancer Council Victoria.

To book a Cervical Screening Test, talk to your doctor or nurse.

Visit www.cancer.org.au/cervicalscreening

Last updated: June 2022
Cervical screening is important for all women and people with a cervix.



Cervical screening is important for all women and people with a cervix.



Cervical cancer and the human papillomavirus (HPV)

Cervical cancer is cancer of the cervix. Your cervix is inside your vagina and is located at the opening of your uterus (womb).

Almost all cervical cancers are caused by HPV. HPV stands for human papillomavirus and is a very common infection which usually shows no obvious symptoms. The virus is passed by sexual contact and can infect both men and women.

The body can get rid of most HPV infections naturally but if it doesn't, some types of HPV can cause changes to the cells of your cervix. If these cell changes are not picked up early and treated they can turn into cervical cancer.

How is HPV found?

A Cervical Screening Test is the best way to look for HPV.

Do I need a Cervical Screening Test?

If you have a cervix, are aged 25–74 and have ever been sexually active you should have a Cervical Screening Test every five years.

A Cervical Screening Test is still needed if you:

- have had the HPV vaccine
- are past menopause
- have only had one sexual partner
- have traditional cutting/circumcision
- have had a baby
- are married
- are divorced
- are widowed.

Cervical cancer is one of the most preventable cancers.



Cervical screening and female genital cutting (FGC) also known as traditional cutting

The experience of FGC/traditional cutting can sometimes prevent women from getting a Cervical Screening Test. You may find it helpful to:

- talk to your doctor or nurse about the self-collection option
- know that the appointment is private and confidential
- take a relative or friend with you to help you feel more comfortable
- ask for a female nurse or doctor
- ask your nurse or doctor about the test before it happens
- stop or pause the test at any time
- ask for a sheet to put over you during the test if you choose to have a Cervical Screening Test taken by a nurse or doctor
- visit www.cancervic.org.au/cervicaldirectory to access a cervical screening provider who is culturally sensitive to your needs.