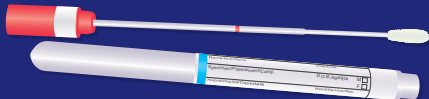


Self-collection is now an option for cervical screening.

Protect yourself from cervical cancer.

It's easy to do!



**Cancer
Council**

If you are due for your Cervical Screening Test, you can now take your own vaginal sample with a swab. The swab will be tested for HPV (human papillomavirus). Finding HPV early is your best protection against cervical cancer.

Ask your doctor or nurse about self-collection.

How to do the test in four simple steps:

Step 1



- Twist the cap and pull out the swab.
- Look at the swab and note the mark.

Step 2



- Get into a comfortable position.
- Insert the swab into your vagina, aiming to insert it to the mark.

Step 3



- Gently rotate the swab 2-3 times for about 10 seconds. It should not hurt.

Step 4



- Remove the swab and place it back in the tube.
- Return it to your doctor or nurse.

If you're aged 25 to 74, have a cervix and have ever been sexually active, you need a Cervical Screening Test every five years, even if you've had the HPV vaccine.

Self-collection is just as accurate as a sample taken by a doctor or nurse, using a speculum.

You can take your own sample with a swab at the doctor's or another health setting, usually behind a privacy screen or in the bathroom. The test is quick, easy, private and reliable.

For information and support call
Cancer Council 13 11 20



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