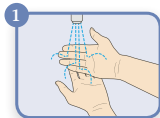


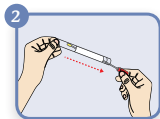


Self-collected HPV test

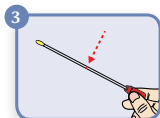
Preparation



Wash your hands with soap and water.
Remove your underwear.



Twist the red cap open and pull out the swab.



Find the red mark halfway down the stem of the swab. This is the mark that you are aiming for in step 5.

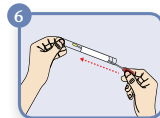
Sample collection



Sit or stand in a comfortable position. Some women prefer to place one leg on the toilet seat or raised platform, while others prefer to squat down.



After you find a comfortable position, open the folds of skin around the vaginal opening with one hand, then insert the swab into your vagina, aiming to insert it to the red mark. Gently rotate the swab for 20 – 30 seconds.



Remove the swab, place it back in the tube and twist gently to seal. Wash your hands, then return the sealed tube to the doctor or healthcare professional who will label the sample with your details.