

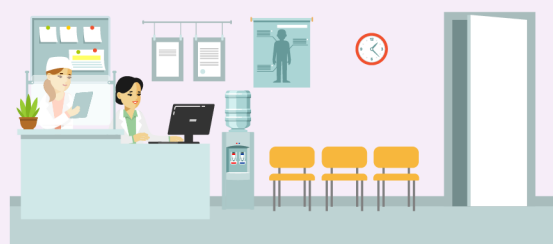
HPV SCREENING WITH SELF COLLECTION

HOW IT WORKS

There's a new way to screen for cervical cancer. You still have to go to your provider's office, but there's no pelvic exam, stirrups, or speculum involved. You take your own vaginal sample to be tested for HPV, the cause of almost all cervical cancer.

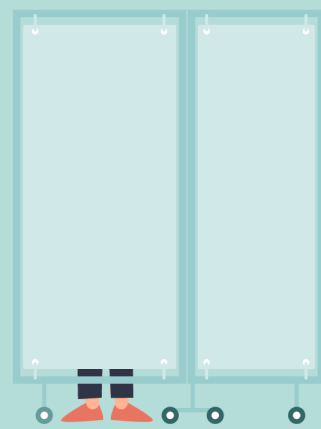
01 Visit a provider

While you are in charge of collecting your own sample to test for HPV (human papillomavirus), the test needs to be done in a provider's office.



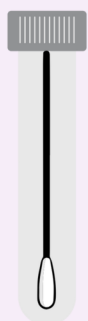
Test in Privacy

While a self-collection test must be performed in a healthcare setting, you will collect the sample yourself, in privacy. Your provider will give you the testing tools, explain what you have to do, and offer you a private place to collect your sample.



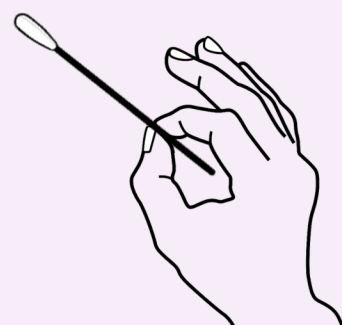
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Your Testing Tools

Your provider will give you a tube that contains a swab or brush. You'll simply open the tube and remove the swab, being cautious not to touch the end of the swab that will be inserted into your vagina.



Collecting Your Sample

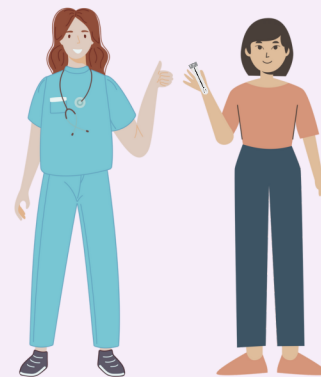
To collect your sample, you'll insert the swab or brush into your vagina, up to a point indicated on the handle. The process is similar to inserting a tampon. Once the swab or brush is inserted, you will rotate it around as instructed, so the swab or brush can pick up cells from the walls of your vagina. You will then take the swab or brush out and put it back in the tube.

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Return Your Sample

Once you've taken your sample, you return the tube to your provider. Your sample will then be sent out to a lab for testing and analysis.



Get Your Results and Follow Up

Make sure you check back with your provider to get your results and learn about next steps. Most HPV tests come back negative and no follow-up is required. If your test is positive, you'll need to go back for additional screening or procedures. **Don't miss this step!** Early diagnosis and treatment can prevent cancer.



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The easier we make it for everyone to get screened for cervical cancer, the faster we can eliminate this disease. Learn more about HPV self collection and cervical cancer prevention at www.nccc-online.org.