

HPV SCREENING WITH SELF COLLECTION

HOW IT WORKS

There's a new way to screen for cervical cancer—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.

1

Get The Test

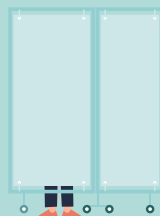
A health care provider will prescribe the test to you, either in person or via telehealth. But you are in charge of collecting your own sample.



Test in Privacy

In a healthcare setting, your provider will give you a kit, explain what you have to do, and offer you a private place to collect your sample.

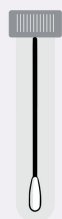
At home, you can choose a private spot and follow the instructions in the kit.



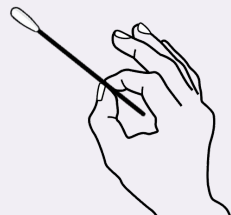
2

3

Your Testing Tools



To take your sample, you'll typically use a swab or brush. Be careful not to touch the end that will be inserted into your vagina.



Collect Your Sample

You'll insert the swab or brush into your vagina. The process is similar to inserting a tampon. Once it is inserted, you will rotate it around to pick up cells from the walls of your vagina.

4

5

Return Your Sample

Give the sample to your health care provider who will send it out to a lab for testing and analysis.

If you're testing at home, you'll be given instructions on how to package and return your sample.



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.



6

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.