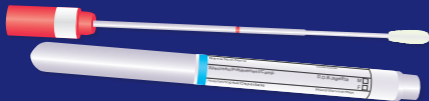


Self-collection is now an option for cervical screening.

Protect yourself from cervical cancer.

It's easy to do!



**Cancer
Council**
SA

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 Human Papillomavirus (HPV). Finding HPV is your best protection against cervical cancer.

Ask your GP, nurse or Aboriginal Health Worker about self-collection.

How to do the test in four simple steps:

Step 1



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

Step 2



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

Step 3



- Gently rotate the swab one to three times.

Step 4



- Remove the swab and place it back in the tube.
- Return it to your GP, nurse or health worker. Contact the clinic for your results in two weeks.

**If you are 25-74 years old and have ever
been sexually active, have a
Cervical Screening Test every five years.**

Self-collection is just as accurate as a sample taken
by a GP or nurse.

You can take your own swab at a GP clinic,
usually behind a privacy screen or in the bathroom.
The test is free, easy and reliable.

For information and support call
Cancer Council 13 11 20

Visit cancersa.org.au



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