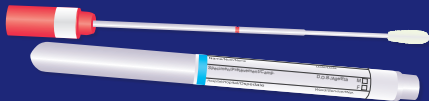


# Self-collection is now an option for cervical screening.

*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](http://cancersa.org.au)



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