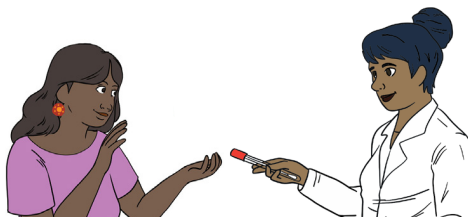


Cervical Screening Test

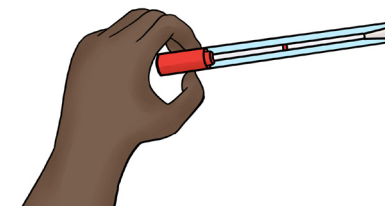
How to do your own test

The 5-yearly Cervical Screening Test is **free** if done at an AMS or ACCHO and could save your life.

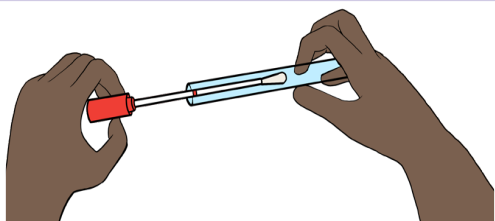
These instructions show you how to do the self-swab test, so you can prevent cervical cancer and live long and strong for yourself and your family.



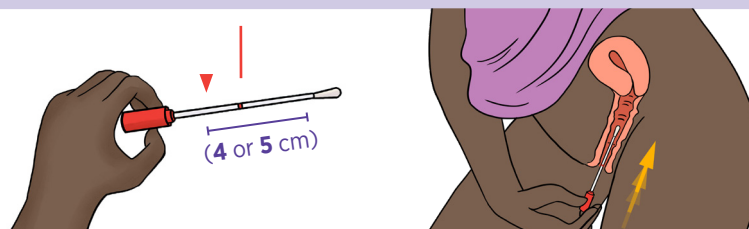
1. Your doctor or nurse will give you a self-swab and a private space to do the test. They'll explain how to do the test and will stay close by in case you need help.



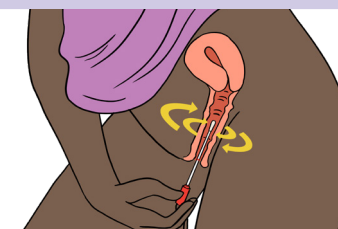
2. Before you open the tube, take a look at the swab inside. It has one end for holding (usually red). The other end is to collect your test.



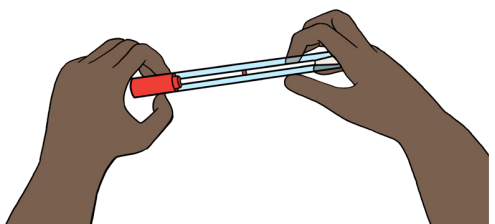
3. Twist the cap and take the swab out of the tube. Be sure not to touch the end that will go into your vagina.



4. The swab may have a line or mark to show you how far to insert. Insert the swab into your vagina, a few centimetres. **You do not need to reach your cervix.**



5. Move the swab gently, in a circle and in any direction, for 10 to 30 seconds.



6. Remove the swab from your vagina, put it back in the tube and close it.



7. Get dressed and give the tube to your doctor or nurse. Make sure you agree on a way to get your results.

If you have any questions or think you've made a mistake talk to your doctor or nurse.

For more information about cervical screening:

- visit [health.gov.au/NCSP-First-Nations](https://www.health.gov.au/NCSP-First-Nations)
- call **1800 627 701**