



Australian Government

NATIONAL CERVICAL SCREENING PROGRAM

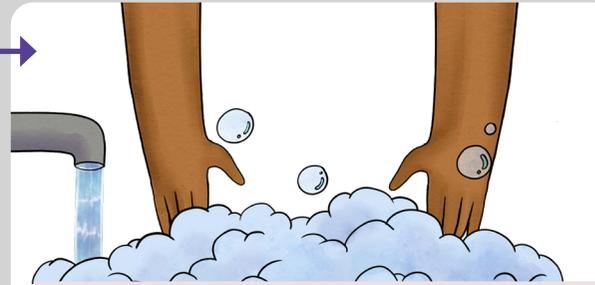
A joint Australian, State and Territory Government Program

Cervical Screening Test – how to collect your own sample

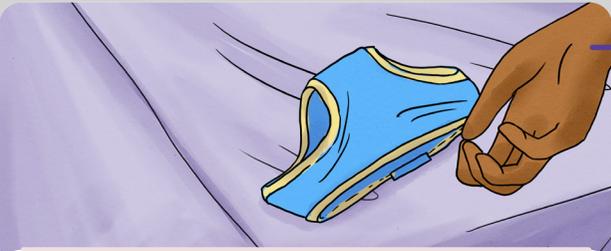
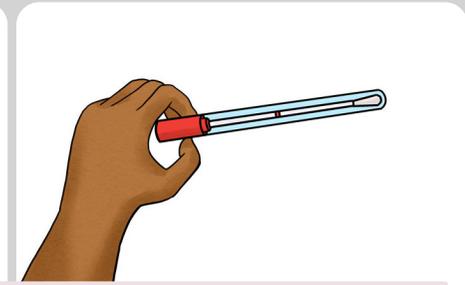
Having a Cervical Screening Test every 5 years will help you stay healthy, both for **yourself and your family**.



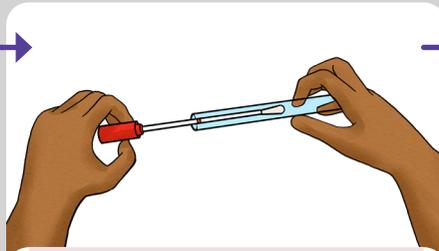
1. Your doctor or nurse will give you a self-collection swab and provide a private space for you.



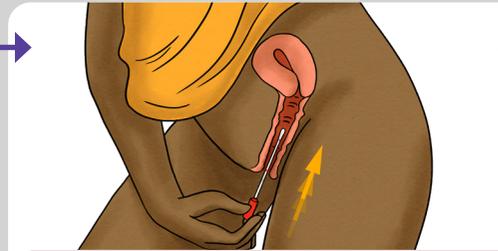
2. Wash then dry your hands. Have a look at the self-collection swab. The swab has one end you can hold and another for taking your sample.



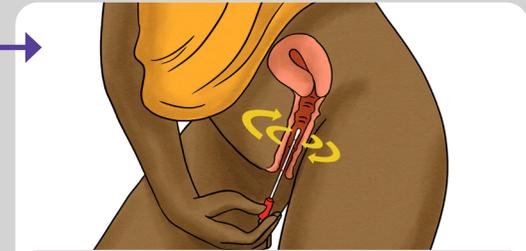
3. Find a comfortable position and remove your clothes from below the waist and take your underwear off. You can keep the rest of your clothes on.



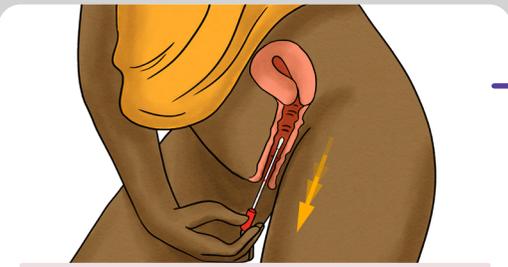
4. Twist the cap and remove the swab from the packaging. Do not touch the tip for collecting the sample.



5. Insert the swab into your vagina a few centimetres. The swab may have a line or mark to show you how far to insert.



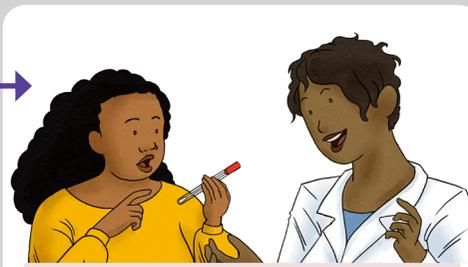
6. Gently move the swab in a circular motion for 10-30 seconds. This should not hurt, but it may feel uncomfortable.



7. Remove the swab from your vagina and place it back into the packaging. Make sure that nothing touches the tip that was in your vagina.



8. Get dressed and wash your hands again.



9. Give the self-collection swab back to your doctor or nurse. The results of the test will be sent to your doctor or nurse.

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

- visit [health.gov.au/NCSP-multicultural](https://www.health.gov.au/NCSP-multicultural) for more information about cervical screening
- call **1800 627 701**
- call the Translating and Interpreting Service (TIS National) on **13 14 50** to get help in your language.