

IT'S AS EASY AS 1... 2... SWISH



Cervical screening checks for HPV and changes in the cells of the cervix. It can find those changes early, long before you would notice anything yourself.

These instructions will guide you through the self-collect test step-by-step. If you feel nervous, that's normal. You can take your time, stop at any point, or ask for help.

It's your body. It's your choice.

NATIONAL
CERVICAL SCREENING
PROGRAM

A joint Australian, state and territory government program



HOW TO DO THE SELF-COLLECT TEST



STEP 1

You'll be provided with a private space to collect your sample.



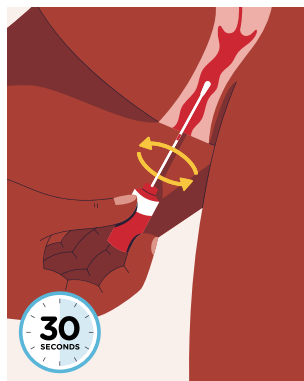
STEP 2

Twist the cap and remove the swab from the tube. Hold on to the cap and do not touch the end of the swab.



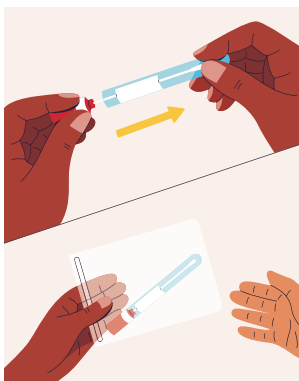
STEP 3

Insert the swab into your vagina. You do not need to reach your cervix. The swab should have a red mark to show you how far to put it in.



STEP 4

Gently move the swab in a circle inside your vagina. Do this for 20-30 seconds to collect a sample.



STEP 5

Gently remove the swab from your vagina. Place the swab back into the tube, screw the cap back on and give it back to your healthcare provider.



STEP 6

Your healthcare provider will send your sample to a pathology laboratory to be tested.



Scan the QR code to watch a short animated video on how to do the self-collect test.

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