

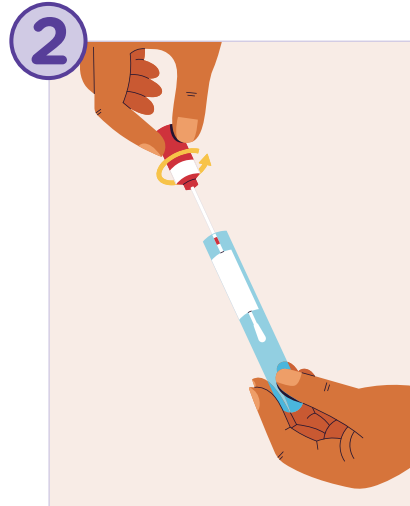
How to do your own Cervical Screening Test

Cervical screening is an important health check for **anybody with a cervix** aged 25 to 74. You can choose to collect your own Cervical Screening Test sample — it's quick, easy and private (and it could save your life). Below are instructions for doing your own test.

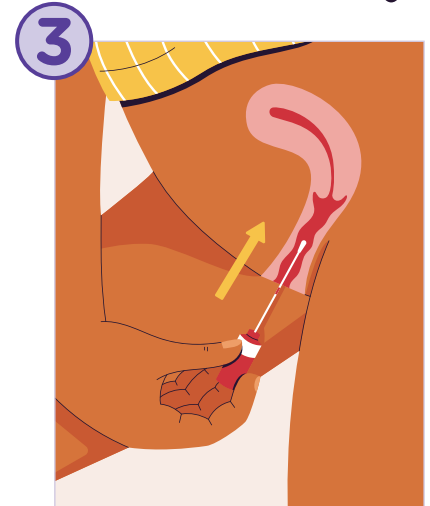
Please note this guide includes images of and refers to specific parts of the body and uses anatomical/medical terms (e.g. cervix and vagina)



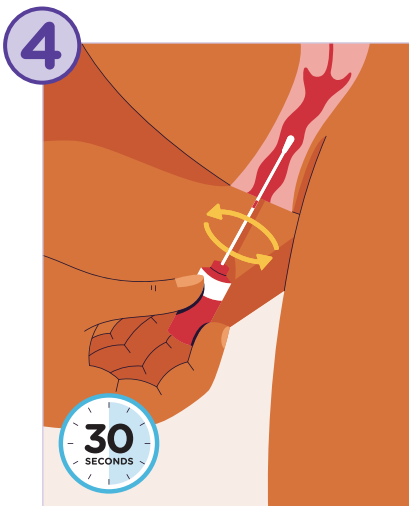
You'll be provided with a private space to collect your sample.



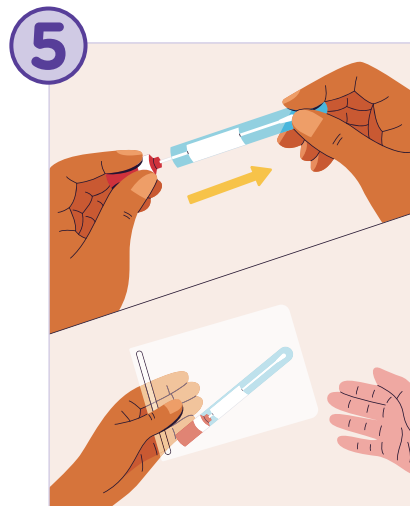
Twist the cap and remove the swab from the tube. Hold on to the cap and do not touch the end of the swab.



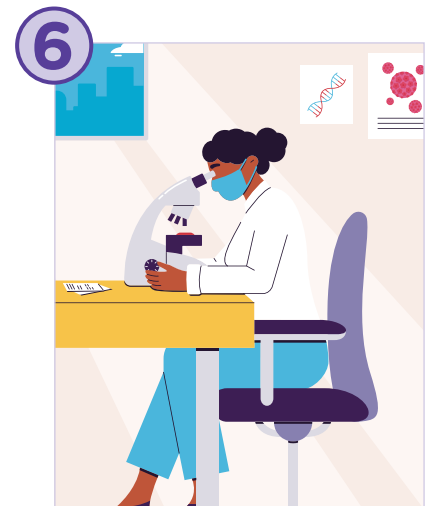
Insert the swab into your vagina/front hole. You do not need to reach your cervix. The swab should have a red mark to show you how far to put it in.



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



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



Your healthcare provider will send your sample to a pathology laboratory to be tested. Your healthcare provider will let you know your results.

NATIONAL
CERVICAL SCREENING
PROGRAM

A joint Australian, state and territory government program

View more cervical screening resources at
www.health.gov.au/cervical-resources

