



Australian Government

NATIONAL CERVICAL SCREENING PROGRAM

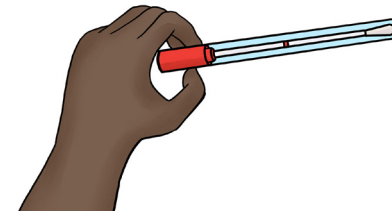
A joint Australian, State and Territory Government Program

Cervical Screening Test - Yaltji-Yaltji, na mantjini sample

Self collection ngatja kutju way nyuntu choose milala Cervical Screening Test,aku 5 years ala. Ngatja nyuntulu self,alu mantjila sample private nguru, private ngurra,ala. Instructions nga tjuta help milani nyuntunya sample mantjintjaku, cervical cancer wiya nyinantjaku, munu wanka nyinantjaku nyuntupa munu nyuntupa family,ku.



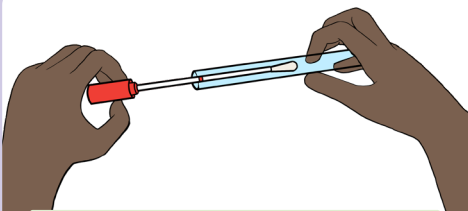
1. Nyuntupa doctor,lu munu jija,lu nyuntunya unganyi self-collection swab nyuntulu palyantjaku private ngurrangka test palyantjaku. Tjana nyuntunya watjani yaltji-yaltji test palyantjaku munu ila ngara help,aku.



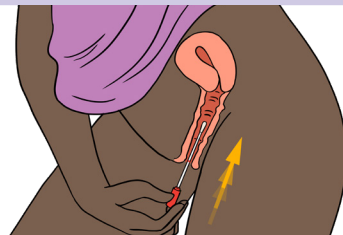
2. Nyawa swab open mantjintja wiyanguku. Kanyini kutju end mara,lu kanyintjaku. Kutjupa sample mantjintjaku.



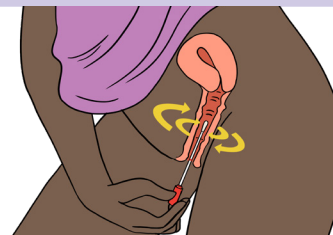
3. Palyangka position,ala nyina munu nyuntupa undearwear tjurra.



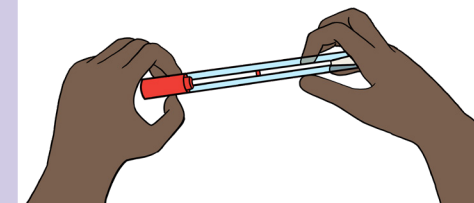
4. Cap arlala munu mantjila swab packaging nguru. Wiya touch-i milala end anya sample tjarra.



5. Tjurra swab nyuntupa private,ala wima centimetres. Swab,alu tjinguru line kanyini tjinguru mark, nyuntunya watjantjaku palyanguku nyuntulunta tjarrpajunu.



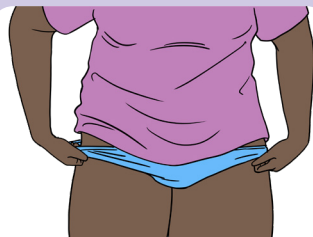
6. Move milala swab purunypalu, circle,ala 10 to 30 seconds,aku. Tjinguru uncomfotable, kala wiya palya alatji. Alatjingga, watjala nyuntupa doctor munu jija.



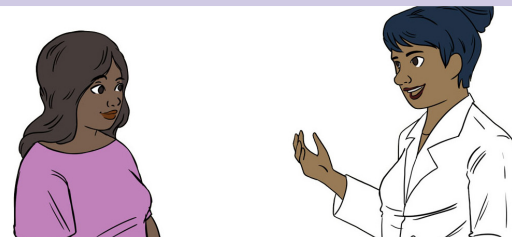
7. Mantjila swab munu tjurra packaging,ala.



8. Mistake tjinguru nyuntulu palyanu, wangka nyuntupa doctor munu jija,ku tjana nyuntunya yunganyi self-collection swab.



9. Patila package munu tjarrpa clothes,ala.



10. Yuwa nyuntupa doctor munu jija packaging. Agree arra nyuntupa results,aku.

Questions ntuntulu kanyini munu nyuntulu kulini mistake anta palyanu, well wangka nyuntupa doctor munu jija,alakutu.

Nintirringutjaku cervical screening tjarraku:

- nyawa **health.gov.au/NCSP-First-Nations**
- ring-i milala **1800 627 701**