



Australian Government

NATIONAL  
**CERVICAL SCREENING**  
PROGRAM

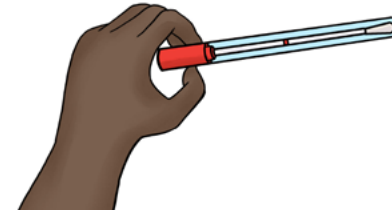
A joint Australian, State and Territory Government Program

# Cervical Screening Test – how to collect your own sample

Self-collection is one way you can choose to do your Cervical Screening Test every 5 years. It involves collecting your own sample from your vagina, in a private space. These instructions help you to collect your own sample, so you can prevent cervical cancer and live long and strong for yourself and your family.



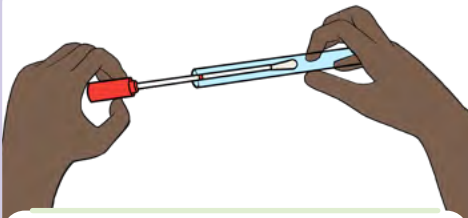
1. Your doctor or nurse will give you a self-collection swab and a private space to do your test in. They'll explain how to do the test and will stay close by in case you need help.



2. Before you open it, take a look at the swab. It has one end for holding. The other is to collect the sample.



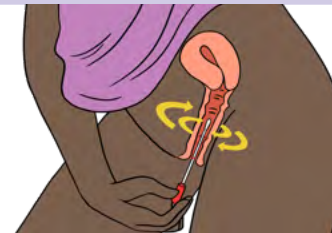
3. Make sure you are in a comfortable position and your underwear is lowered.



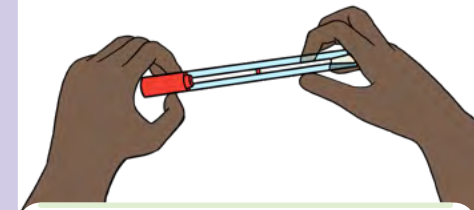
4. Twist the cap and take the swab out of the packaging. Be sure not to touch the end that will take the sample.



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. Move the swab gently, in a circle and in any direction, for 10 to 30 seconds. It might feel uncomfortable, but shouldn't hurt. If it does, tell your doctor or nurse.



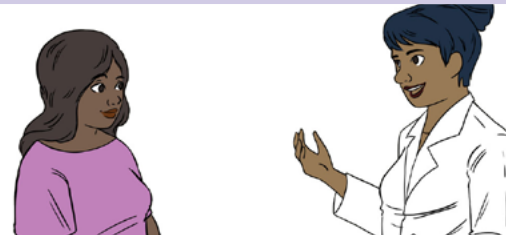
7. Remove the swab and put it back in the packaging.



8. If you think you have made a mistake, talk to your doctor or nurse and they can give you another self-collection swab.



9. Close the package and get dressed.



10. Give the packaging back 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**