

# Cervical Screening Human Papillomavirus (HPV) Test – Self Collect Swab Instructions

## Test Procedure

1. Check that your details on the tube are correct.
2. Wash your hands with soap and water and dry them thoroughly.
3. Twist the cap on the tube to break the paper seal.



4. Take the swab out of the tube and collect your sample:
  - Hold the swab about halfway down.
  - Use your free hand to open your vagina and gently insert the swab tip about 4-5cm (about the length of your thumb, similar to inserting a tampon).
  - Rotate the swab for 20 seconds, touching the sides of your vagina.
5. Place the swab into the tube, pressing the cap on tightly, and put it back into the bag provided.
6. Put this instruction sheet in the rubbish bin, then wash your hands with soap and water and dry them thoroughly.
7. Hand the specimen bag and swab back to your healthcare provider.

**Reminder: Have you labelled the container?**