

**BC  
CAN  
CER** CERVIX  
SCREENING

Provincial Health Services Authority



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# Cervix Self-Screening

The power to screen is in your hands.



# Your Wellness in Your Hands

There's another way to screen for cervical cancer that can be done wherever you feel safe and comfortable. Cervix self-screening is an alternative to a Pap test as a routine check. This can be a good option for those who find Pap tests to be uncomfortable. Note: A follow-up Pap test or other exam may be needed depending on your results.

Another way to screen for cervical cancer:

- An alternative to the Pap test
- Not painful
- Easy and safe
- Complete in privacy
- Get your results in weeks

## Who should screen?

- Have a cervix, including women and TTGD (Two-Spirit, transgender and gender-diverse) people
- Are 25-69 years of age
- Have not received a Pap test in 3 years or more, or completed HPV testing in 5 years or more

## What are the steps?

- Get a test kit from your community health centre, by phone at 1-877-702-6566 or online at [screeningbc.ca/cervix](https://screeningbc.ca/cervix).
- Collect your own sample in privacy, wherever you feel safe and comfortable.
- Return kit to your community health centre or by mail for testing.