

# INSTRUCTIONS

## BEFORE USING THIS KIT:

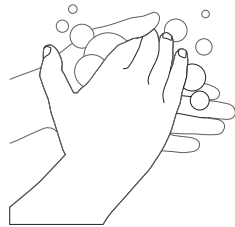
- ✓ Read through these instructions or watch the step-by-step video: [screeningbc.ca/cervix](https://screeningbc.ca/cervix)

## DO NOT USE THIS KIT:

- ✗ If you are experiencing any bleeding (monthly bleeding/period, spotting). Wait until bleeding is over.
- ✗ If you are pregnant or use a pessary. Talk to a health care provider about your screening options.
- ✗ If you've had your cervix removed (e.g., total hysterectomy). Talk to a health care provider to see if cervix screening is still required.

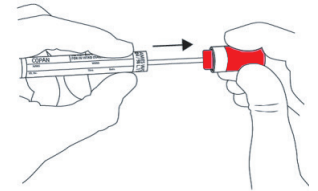
1

Wash your hands. Get undressed from the waist down.



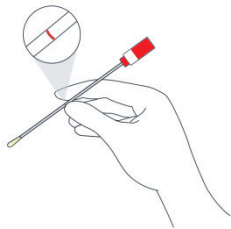
2

Prepare the swab: Hold the red cap to remove the swab from the tube. Put the tube on a clean surface. **Do not touch the soft end of the swab.**



3

Hold the swab at the red line.



4

Collect your sample: Stand or sit with your legs apart. Using your other hand, hold back the folds of skin.

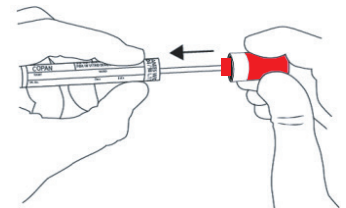
5

Gently insert the swab into the genital opening until your fingers touch your external genitals. Rotate the swab as you **slowly count to 20**, then remove the swab.



6

Slide the swab into the plastic tube and close firmly.



## IF COMPLETING KIT AT THE CLINIC:

7

Double check the health care provider has labelled the collection date on your tube. Place the tube into the plastic bag. Seal the bag.

8

Return the sealed bag containing your tube to the health care provider.

9

The health care provider will complete your lab requisition and submit your sample to the lab for you.

## IF COMPLETING KIT AT HOME:

7

**CLEARLY** write your collection date on the tube label **AND** the lab requisition. Place the tube into the plastic bag. Seal the bag.

TRAN
Hao
06 APR 1972 9876 543 214
<b>COLLECTION DATE:</b>
<b>DDMMYYYY</b>
(e.g. 01 JAN 2021)

OR

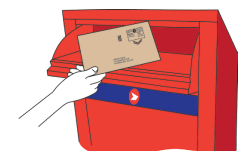
8

Put the sealed bag and your lab requisition into the prepaid return envelope.



9

Drop off the envelope today at a Canada Post office or post box.



# Frequently Asked Questions

## Will I collect my sample correctly? Will it hurt?

Cervix self-screening is easy and should not hurt. Only a small sample is needed. By following these instructions, you will be able to easily and safely collect your own sample.

## What if I have trouble collecting my own sample?

You can ask a health care provider to show you how to take the sample or they can take it for you.

## What if I drop the swab?

If you drop the swab, try not to worry. It's best to send it to the lab as usual. If the swab touches a wet surface, there's a chance the result might come back invalid. Wet surfaces can wash away some of the sample, so you may need to collect a new one. Remember, unless you're told you need to collect a new sample, there was no issue with your sample and how you collected it.

## How long will it take to get my results and how do I access my results?

Your results will be sent to you and a health care provider 4 to 6 weeks after mailing in your sample. Your lab results will also be available through **HealthGateway** at [healthgateway.gov.bc.ca](https://healthgateway.gov.bc.ca).

## What if a high-risk HPV type is found?

Learning that you have high-risk HPV doesn't mean you have or will develop cancer. Your results will help figure out next steps. Depending on your results, you may need a Pap test or colposcopy.

## Will this kit test for anything other than HPV?

This kit only tests for high-risk types of HPV. If you would like to test for other sexually transmitted infections (STIs), please speak with a health care provider.

## I lost/damaged my kit; can I request a new one?

If you lost or damaged your kit, please call BC Cancer Cervix Screening to request a new one at: 1-877-702-6566.

## Should I store my sample at a specific temperature?

No, it's fine to store your sample at room temperature.

## What happens if I can't return my kit the same day I collect my sample?

If you're not able to return your kit on the same day, please make sure to drop off your sample at a Canada Post office or post box no more than 7 days after your sample collection date.

## Experiencing cervical cancer symptoms?

If you have bleeding after sex, between cycles (if not on testosterone) or after menopause; break through bleeding on testosterone; increased production of genital fluid; pelvic pain or pain during sex, talk to a health care provider. It is important to look into these symptoms - even if your screening results are normal.

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Contact BC Cancer Cervix Screening if you have questions:

1-877-702-6566

[www.screeningbc.ca/cervix](https://www.screeningbc.ca/cervix)

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