

[MM/DD/YYYY]

JANE SAMPLE  
123 ANY S STREET  
ANY CITY, BC V1V 1V1

Dear Jane Sample,

Take a positive step for your health by getting screened for cervical cancer. Screening works by finding people who may be at risk of developing pre-cancerous cells on their cervix or cervical cancer. If you've had cervix screening (i.e. Pap test or self-screening) in the last 3 months, please ignore this letter and contact us to cancel the mailing of your cervix self-screening kit: 1-877-702-6566 or [screening@bccancer.bc.ca](mailto:screening@bccancer.bc.ca).

BC Cancer is now offering you a choice in how you receive cervix screening. You have the option to participate in cervix self-screening, which you can complete yourself. **We would like to send you a kit that lets you take your own vaginal sample to screen for cervical cancer.** You can do it wherever you feel safe and comfortable - such as in your home or at a health care provider's office. It's highly effective and a reliable test that looks for the human papillomavirus (HPV), the virus that causes cervical cancer.

**Why should I consider self-screening?**

- ✓ It tests for HPV, the virus that causes the changes to the cells of the cervix that lead to cervical cancer.
- ✓ You don't need to see a health care provider or have a speculum (pelvic) exam.
- ✓ You can self-screen, wherever you feel safe and comfortable.
- ✓ It's easy and painless. You use the small, Q-tip like swab to collect a sample from your vagina.
- ✓ It's free of charge.
- ✓ HPV testing is very accurate. Because it's so accurate, if your test shows you don't have HPV, you can wait 5 years for your next screen.

**How can I self-screen for cervical cancer?**

1. Unless you tell us not to, in 3 weeks from the date on this letter, we will automatically mail you a screening kit. The kit will arrive in plain, unmarked packaging.
2. Once you receive your kit, closely follow the instructions to collect a sample.
3. Use the prepaid return envelope included in your kit to return your sample to the lab for testing.
4. A results letter will be mailed to you and a provider 4 to 6 weeks after mailing in your kit. You can also see your results online: [www.healthgateway.gov.bc.ca](http://www.healthgateway.gov.bc.ca).

**A kit will be sent to you automatically if we do not hear from you in 3 weeks.**

Please contact BC Cancer Cervix Screening at **1-877-702-6566** (Monday to Friday 8:00am - 5:30pm or Saturday 8:30am - 4:30pm) or [screening@bccancer.bc.ca](mailto:screening@bccancer.bc.ca) if you have any questions or prefer not to receive a kit.

**Please note:** If you have any symptoms (e.g., bleeding between periods); are currently pregnant; use a pessary; or have had your cervix removed, talk to a health care provider – self-screening may not be the right test for you.

If you do not want to complete cervix self-screening, please schedule a Pap test with a health care provider. Visit [www.screeningbc.ca/cervix](http://www.screeningbc.ca/cervix) to find a clinic near you.

The power to screen for cervical cancer is in your hands. Take a positive step for your health today.

Regards,  
Dr. Lily Proctor, MD, MPH, FRCSC  
Medical Director  
Cervix Screening Program

## PATIENT PRIVACY AND CONFIDENTIALITY

### Why did I receive this letter?

Our records show you may have never had cervix screening in British Columbia or that you are overdue for cervix screening. BC Cancer is encouraging you to play an active role in protecting your cervix health. Anyone with a cervix, between the ages of 25 and 69, should screen regularly for cervical cancer. Screening can prevent cervical cancer by finding abnormal cells in the cervix before they become cancer. Early detection can prevent cervical cancer and means more treatment options and better outcomes.

### Who should not get screened for cervical cancer?

You do not need to screen for cervical cancer if you had cervical cancer or had your cervix removed for any reason (such as total hysterectomy). If screening is no longer required, please contact us at 1-877-702-6566 or [screening@bccancer.bc.ca](mailto:screening@bccancer.bc.ca) to stop future reminder notices from being sent to you.

If you have bleeding after sex, between periods or after menopause; increased vaginal discharge; pelvic pain or pain during sex, it's important to discuss these symptoms with a health care provider. If you are currently pregnant, please talk to a health care provider about screening options and when to screen.

### Where did you get my personal health and contact information from?

As a program of the Provincial Health Services Authority, we receive relevant personal health and contact information from government organizations and health professionals that are directly involved in your care. We use this information to determine when you should receive letters for cancer screening and to provide you with your screening results. BC Cancer is committed to keeping your information private, confidential and secure at all times.

We use this information to:

- Invite you to consider screening when you are age-eligible;
- Remind you when you are due for your next screening test; and,
- Inform you of your screening test results, including follow-up information (if required).

You may be contacted in the future to complete feedback surveys regarding cervix screening.

BC Cancer leads the provincial planning and regional delivery of cancer care for British Columbians. BC Cancer's mandate covers the full spectrum of cancer care and includes organized cancer screening programs for British Columbia.

### Questions about notifications from BC Cancer Screening?

Please visit [www.screeningbc.ca/notifications](http://www.screeningbc.ca/notifications)

#### Important information, please translate.

重要信息，请翻译。

ਮਹੱਤਵਪੂਰਨ ਜਾਣਕਾਰੀ, ਕਿਰਪਾ ਕਰਕੇ ਅਨੁਵਾਦ ਕਰੋ।

Mahalagang impormasyon, mangyaring isalin sa wikang tagalog.

Información importante; por favor, traduzcala.

معلومات مهمة ، يرجى الترجمة.

Information importante, veuillez traduire.

重要信息，請翻譯。

Wichtige Informationen, bitte übersetzen.

중요한 정보를 번역하십시오.

Tin tức quan trọng, xin phiên dịch.

اطلاعات مهم ، لطفاً ترجمه کنید.

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Your personal information is collected and protected from unauthorized use and disclosure, in accordance with the Personal Information Protection Act and, when applicable, the Freedom of Information and Protection of Privacy Act, and may be used and disclosed only as provided by those Acts. The personal information is used to provide medical services, and to provide Cervix Screening Program support to patients. The information collected is used for quality assurance and disclosed to healthcare practitioners involved in providing care or when required by law. In addition, the Cervix Screening Program will advise patients of results, remind patients and their primary care providers about rescreening or follow-up, and will conduct and monitor quality and performance of the screening process.

Any questions regarding the collection of the information by BC Cancer can be directed to: 801 – 686 West Broadway, Vancouver BC V5Z 1G1, or email: [screening@bccancer.bc.ca](mailto:screening@bccancer.bc.ca). If this information is received in error, please contact the sender immediately.