

Cervical Cancer Screening Self-Collection Information Sheet

What is self-collection?

Self-collection is a method of screening for cervical cancer where you can take your own sample. It's **easy, quick and painless**.

Self-collection is already standard care in many places including British Columbia and Australia.

Can I participate?

You can participate if you are due for cervical cancer screening, have a cervix, and have ever been sexually active. You aren't able to participate if:

- You're currently pregnant or have been pregnant in the last 3 months
- You've had invasive cervical cancer
- Your last Pap test was abnormal and/or you're currently in colposcopy care or discharged in the last 11 months
- You've had unexplained vaginal bleeding
- You've had any of the following conditions: HIV, lymphoproliferative disease, organ transplantation, long-term use of oral corticosteroids, long-term use of immunosuppressants, tumor necrosis factor inhibitor

Please note: Book your appointment for a time when you're not having your period.

How does self-collection work?

You use a small swab to collect a sample from your vagina. This swab is tested for the HPV virus, a sexually transmitted virus that causes most cases of cervical cancer.

Many people have the HPV virus and it does no harm. Only in a few cases does the HPV virus cause cervical cell changes that may lead to cervical cancer.



1 minute video explaining HPV self-collection. The video indicates to insert the swab for 10-30 seconds, but for best results insert for 20-30 seconds.

Is self-collection as accurate as clinician-collected?

Self-collection is just as accurate as clinician collected.

When will I get the results?

We anticipate it will take around 2 weeks to receive your results. We will contact you with the results.

If your results are **positive** (expected to be <10% of results), you will be booked with your physician for a follow up Pap test. If your results are **negative**, repeat screening is recommended in 3-5 years.