

HPV SELF-COLLECTION PACK

This pack contains the materials required for sample self-collection.

Important information

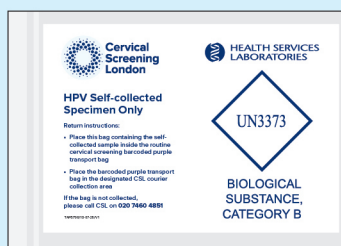
- Please read these instructions carefully and completely before attempting to collect your sample.
- If the instructions are followed you should experience minimal discomfort and no pain.
- Sample collection should not be performed: during menstruation (your period), during pregnancy, in the three months after giving birth, if you recently had a gynaecological operation, or in case of unusual bleeding or pelvic pain.
- Sample collection should not be performed if you have used vaginal ovules, creams or washes, vaginal contraceptives or condoms in the 3 days before.
- Sample collection should not be performed if you have had sexual intercourse, ultrasound scans or gynaecological examinations in the 2 days before.
- If you have problems, feel unwell/lightheaded, please pause or consult with your healthcare professional.
- The swab does not contain material of animal origin.

Sample pack contents

Please check that the pack contains all of the items outlined below. Do not proceed with sample taking if any items are missing or damaged, contact your healthcare professional for assistance.



Vaginal swab and collection tube



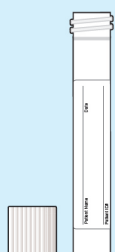
Sample return bag

Surname	
First name	
Date of birth	
Sample date	

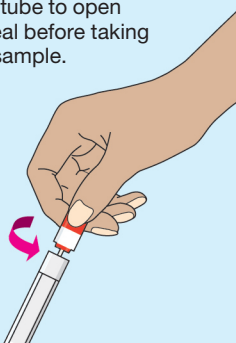
Sample label

PATIENT INSTRUCTIONS – SWAB SAMPLE

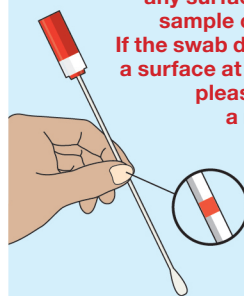
- 1** Wash your hands in warm soapy water. Open the pack containing the swab and collection tube. Take the cap off the collection tube and leave it to one side.



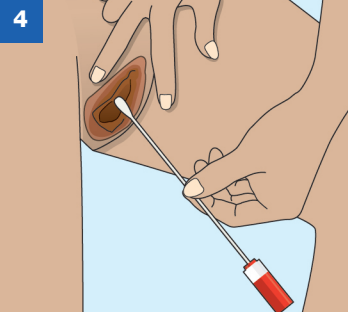
- 2** It is important to maintain a comfortable balance during sample collection. You can take your sample in a standing position. Twist the cap of the swab tube to open the seal before taking your sample.



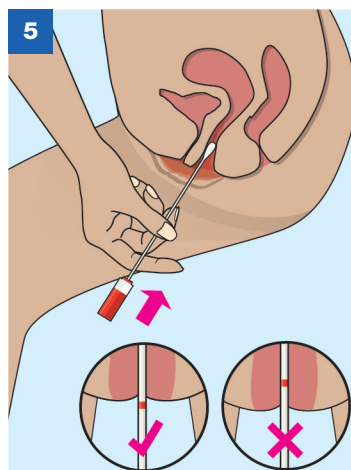
- 3** Take the swab out of the tube and hold it in your fingers at the red mark in the middle of the stick to take your sample. **Do not hold it by the red end cap.**



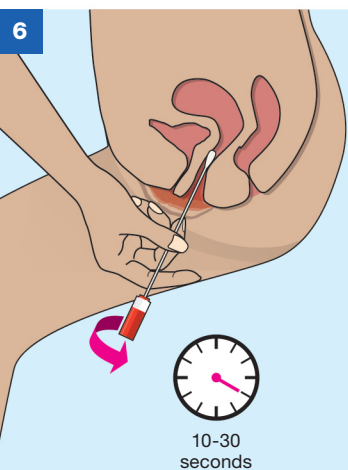
Please do not let the white swab tip touch any surfaces during sample collection. If the swab does touch a surface at any point, please request a new pack.



Hold the swab straight when inserting into or removing the swab from your vagina. With your other hand, gently spread the skin outside the vagina. Insert the tip of the swab into the vagina opening. Point the tip towards your lower back and relax your muscles.



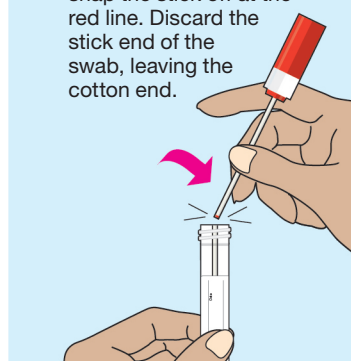
Insert the swab into your vagina as shown. If the swab does not slide easily, gently rotate it as you put it in. Your fingers on the red line will stop you going in too far. If it is too difficult, do not attempt to continue.



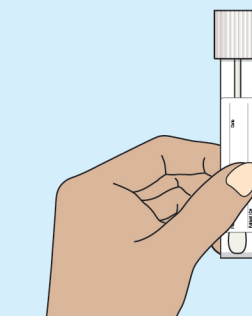
Rotate the swab for 10-30 seconds, making sure it touches the walls of your vagina, then carefully remove the swab.

- 7** Carefully put the swab into the collection tube.

Holding the tube steady, snap the stick off at the red line. Discard the stick end of the swab, leaving the cotton end.



- 8** Screw the cap back onto the collection tube tightly.



Now you are ready to hand the swab back to your healthcare professional. They will complete the procedure required for your sample before it is sent for testing. Hand the swab collection tube, clear sample bag, sample label and this instruction sheet to your healthcare professional.



To view these instructions in other languages please visit:
www.hslpathology.com/cervical-screening-self-collection

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