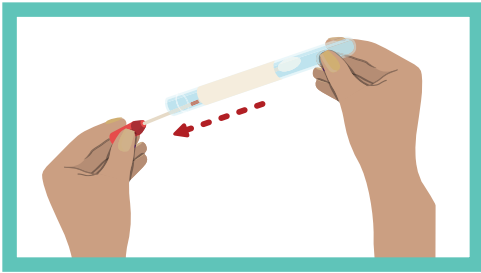


HOW TO TAKE YOUR OWN HPV TEST

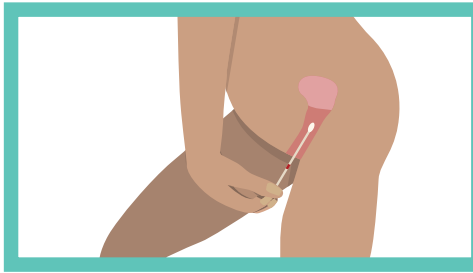


NATIONAL
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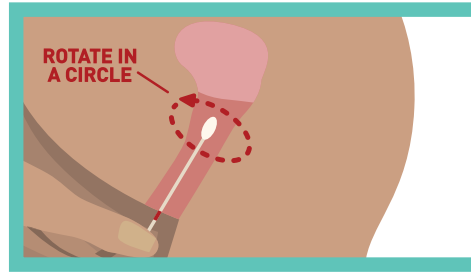
STEP ONE

- Lower your underwear
- Twist the swab cap and pull out the swab
- Look at the swab and note the red mark closest to the soft tip



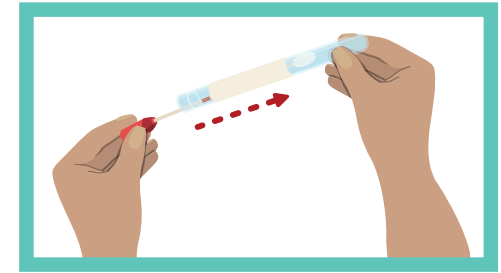
STEP TWO

- Get in a comfortable position. You can stand, sit or lie down
- Insert the swab into your vagina, aiming to insert up to the small red mark (this is about the same length as your index finger)



STEP THREE

- Rotate the swab gently for at least 10 seconds
- Then remove the swab
- It should not hurt



STEP FOUR

- Place swab back in the tube
- Return the tube to your healthcare provider
- Ensure the date you take the test is written on the swab tube
- Ensure the tube is labeled with your surname, first name and date of birth

Your healthcare provider will give you the swab. If you have any questions, ask your healthcare provider.

