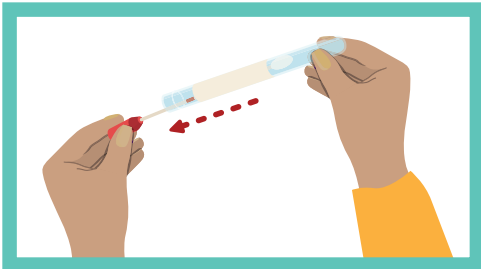
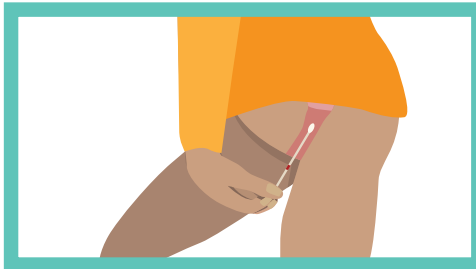


HOW TO TAKE YOUR OWN HPV TEST



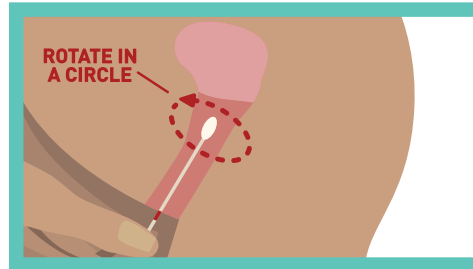
STEP ONE

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



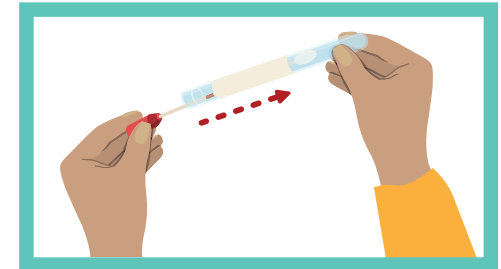
STEP TWO

- 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

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

