

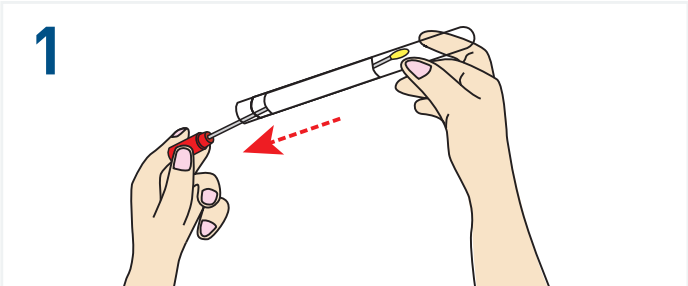


INSTRUCTIONS HOW TO SELF COLLECT AN HPV TEST

Simply follow the step-by-step instructions below:

WHAT DOES THE KIT CONTAIN?

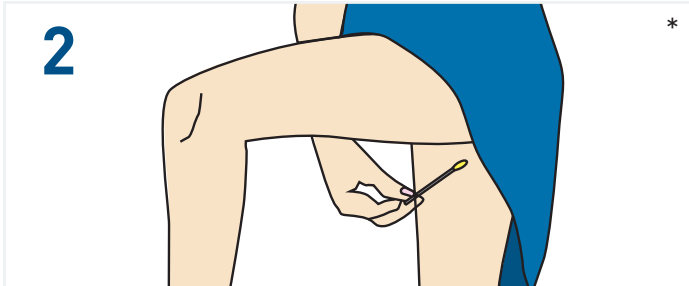
- A swab in a plastic tube
- A plastic ziplock bag
- This instruction sheet
- The request form provided by your health professional
- A padded 'Reply paid' envelope



1

SWAB:

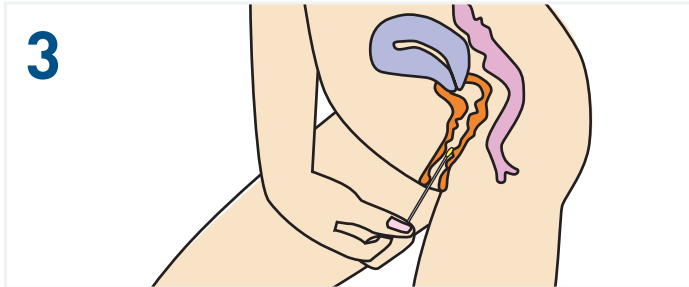
- Remove the swab out of its plastic tube, just twist and pull it
- If possible, avoid taking the sample during your monthly period



2

POSITION:

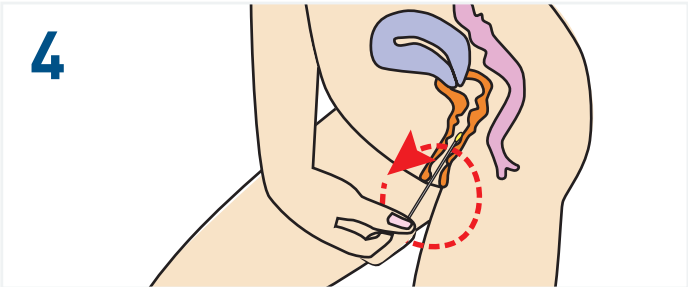
- Undress from the waist down
- Get into a comfortable position as shown above while holding the swab in your hand



3

TAKING THE SAMPLE:

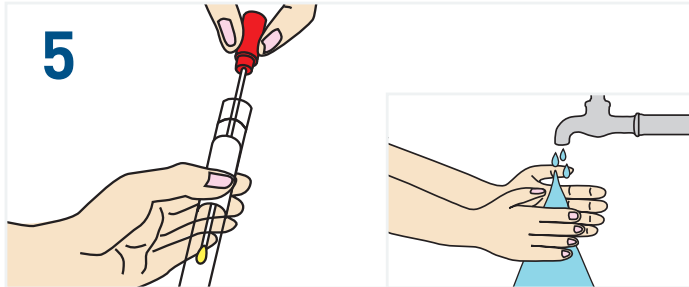
- Gently spread open the folds of skin at the vaginal opening with your other hand
- Insert the swab into your vagina directed towards your lower back **about** two inches (5cm), half the length of a finger. This is similar to how you would insert a tampon



4

TAKING THE SAMPLE (continued):

- Rotate the swab gently for 10-30 seconds
- There should be no pain or discomfort



5

RETURN TO PLASTIC TUBE:

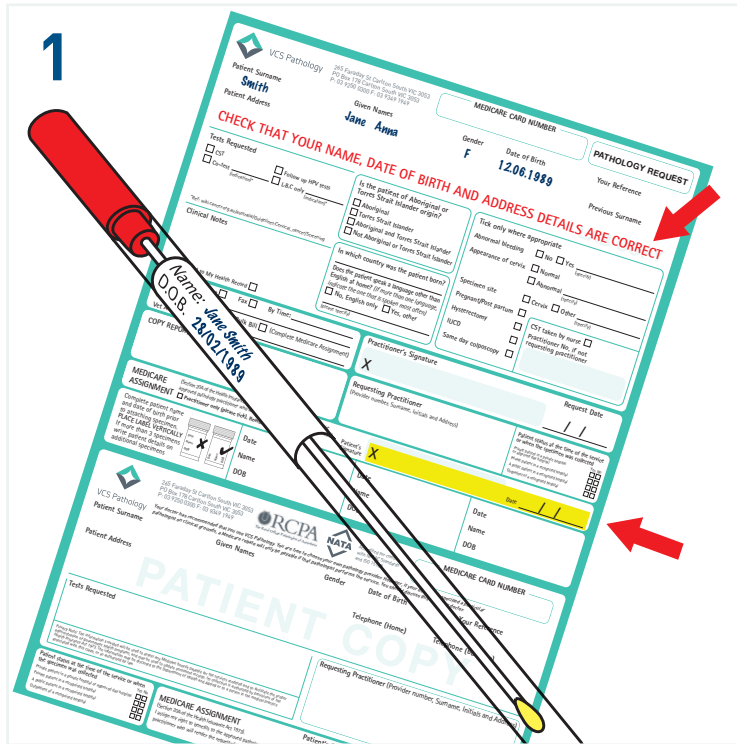
- Place the swab into the plastic tube
- Tightly screw the cap onto the tube
- Finish by washing your hands with soap and water

* This image is adapted from Garrow SC et al. The diagnosis of chlamydia, gonorrhoea, and trichomonas infections by self-obtained low vaginal swabs in remote northern Australian clinical practice. Sex Transm Infect. 2002 Aug; 78 (4):278-81



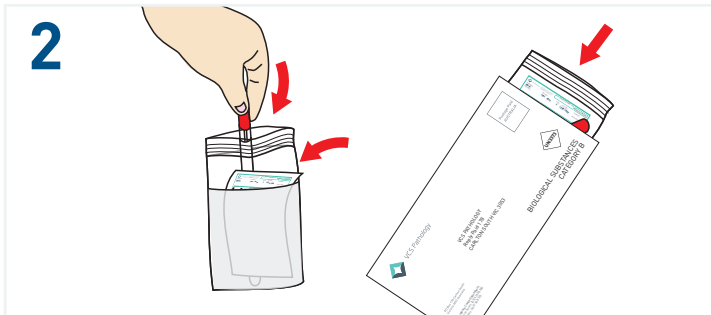
INSTRUCTIONS HOW TO PACK & POST THE SAMPLE

Simply follow the step-by-step instructions below:



COMPLETE FORM AND CHECK LABEL:

- Check that the details on your form and the plastic tube are correct.
- **Ensure that you sign the form and record the date of collection as marked above.**
- Your sample does not require refrigeration. Just keep at room temperature



PACKAGING:

- Place the plastic tube into the ziplock bag
- Then pack the tube and the request form into the padded reply paid envelope
- Seal the envelope firmly



POST:

- Deposit the reply paid envelope into an Australia Post mail box preferably within 24 hours of collection
- Your sample must be tested within 28 days of collection.

IMPORTANT INFORMATION

- Your swab should be posted as soon as possible, preferably within 24 hours of collection
- Store the swab at room temperature until delivery
- If possible, avoid taking the sample during your monthly period

IF YOU REQUIRE A REPLACEMENT KIT, OR FOR MORE INFORMATION CONTACT VCS PATHOLOGY ON PH: 03 9250 0300