

Cervix Self-Screening Instructions



READ BEFORE YOU START

DON'T USE THIS KIT IF YOU:

- ✓ Are on your period. Wait until your period is over.
- ✓ Are pregnant.
- ✓ Have vaginal bleeding between periods, after sexual intercourse or after menopause.
- ✓ Have had cervical cancer.
- ✓ Have had your cervix removed.
- ✓ Are in colposcopy care or have been discharged in the last 11 months.
- ✓ Had an abnormal result with your last Pap test.

NOTE: If you have any of the above, contact a healthcare provider to discuss cervical cancer screening. Screening is the most important thing you can do to protect yourself from cervical cancer.

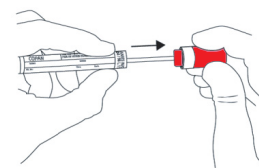
1

Wash your hands. Get undressed from the waist down.



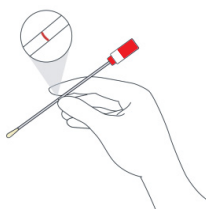
2

Prepare the swab: Hold the red cap to remove the swab from the tube. Put the tube on a clean surface. **Do not touch the soft end of the swab.**



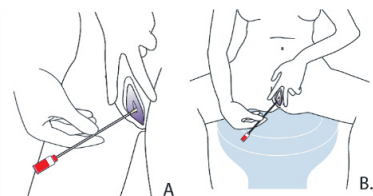
3

Hold the swab at the red line.



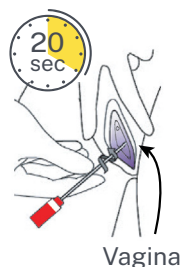
4

Collect your sample: Stand (A) or sit (B) with your legs apart. Using your other hand, hold back the folds of the skin.



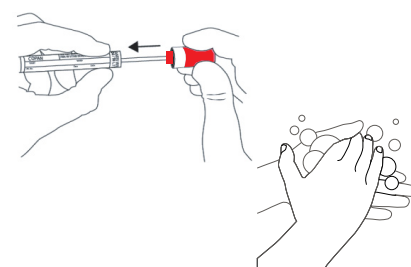
5

Gently insert the swab into your vagina, where you would normally put your tampon, until your fingers touch your external genitals (vulva). Rotate the swab as you **slowly count to 20**, then remove the swab.



6

Slide the swab into the plastic tube and close firmly. Wash your hands.



7

Your package has a label in it. Write your last name, first name and Alberta Health Care number on the label. Write the date you collected your sample. Peel and stick the label on the tube with your sample.

Last Name	_____
First Name	_____
Alberta Health Care #	_____
Collection Date	_____
	(DD/MMM/YYYY)

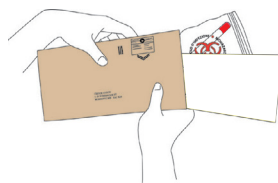
8

Fill in your HPV Self-Sampling Test Requisition. Follow the instructions at the bottom of the Test Requisition.

HPV Self-Sampling Test Requisition <small>(Cervix Self-Screening)</small>			
<small>Send Sample to: ProxLab North 8440-112 St NW, Edmonton, AB, T6G 2J2</small>			
PHN	Expiry:	Date of Birth (ss-Mon-yyyy)	
Legal Last Name	Legal First Name		
Alternative Identifier	Preferred Name	<input type="checkbox"/> Male	<input type="checkbox"/> Non-binary

9

- ✓ Place your sample tube in the plastic bag and seal the bag.
- ✓ Put the bag **AND** test requisition in the pre-paid return envelope and seal the envelope.



10

Drop off the envelope at a Canada Post office or mailbox. **Your sample needs to be mailed on the same day you collect it.**



Frequently Asked Questions

Will I collect my sample correctly? Will it hurt?

Cervix self-screening is easy and shouldn't hurt. Only a small sample from your vagina is needed. By following these instructions, you will be able to easily and safely collect your own sample.

What if I have trouble collecting my own sample?

Call 1-866-727-3926 (Monday to Friday, 8:00 am to 4:30 pm).

What if I drop the swab?

If you drop the swab, try not to worry. It's best to send it to the lab as usual. If the swab touches a wet surface, there's a chance the result might come back invalid. Wet surfaces can wash away some of the sample, so you may need to collect a new one. Remember, unless you're told you need to collect a new sample, there was no issue with your sample and how you collected it.

How long will it take to get my results?

You will get a letter in the mail with your results 4 to 6 weeks after the lab receives your sample. You can also see your results on MyHealth Records or MyAHS Connect (myhealth.alberta.ca/myhealthrecords).

What if a high-risk HPV type is found?

Learning that you have high-risk HPV doesn't mean you have or will develop cancer. Your results will help figure out the next steps. Depending on your results, you may need a Pap test or colposcopy.

Will this test for anything other than HPV?

This only tests for high-risk types of HPV. If you would like to test for other sexually transmitted infections, please speak with a healthcare provider.

I lost/damaged my kit; can I request a new one?

If you lost or damaged your kit, please call 1-866-727-3926 (Monday to Friday, 8:00 am to 4:30 pm).

Do I need to return my kit the same day I collect my sample?

Yes, this helps make sure your test results are accurate. Plan to collect your sample on a day that you can drop it off at a Canada Post office or mailbox.

Experiencing signs and symptoms?

See your healthcare provider right away if you notice bleeding between periods, after sexual intercourse or after menopause. Other signs and symptoms to look out for include: abnormal, increased or foul-smelling discharge, pain during sex or bleeding after a pelvic exam. Remember that these signs and symptoms don't mean you have cervical cancer, but speaking to your healthcare provider can help you know for sure.

Have more questions? Please contact:

Alberta Health Services
Screening Programs
1-866-727-3926
Monday to Friday
8:00 am to 4:30 pm