

How to Collect Your Own HPV Sample

Before You Get Started:

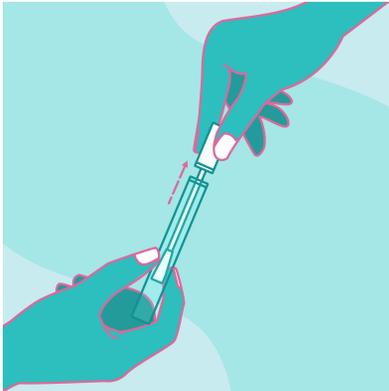
- ✓ Read all these steps before starting to collect the sample.
- ✓ Wash and dry your hands before starting.
- ✓ Get yourself in a comfortable position and lower your underwear.
- ✓ You can collect the sample standing or sitting down.

Note: The swab you are given may look different than the swab in the pictures below.

Scan here to
access video

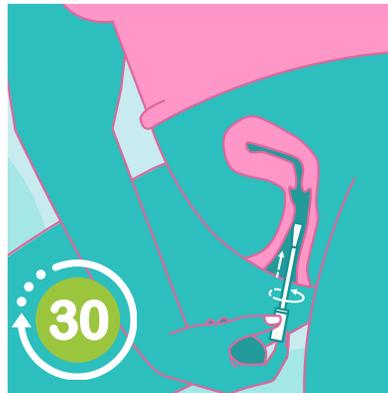


Step 1



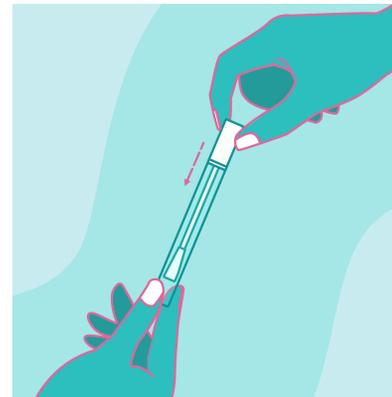
- ✓ Twist the cap and remove the swab from the tube. Save the tube, you will need it later.
- ✓ Hold on to the swab cap. Do not touch the soft end of the swab.

Step 2



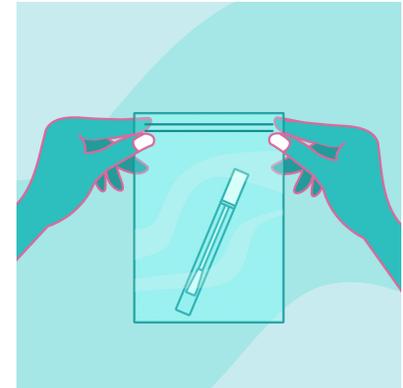
- ✓ Use one hand to spread the skin around the vaginal opening. With the other, insert the swab into the vagina up to the red mark.
- ✓ Rotate the swab gently for about 30 seconds.

Step 3



- ✓ Remove the swab from your vagina.
- ✓ Place the swab back into the tube, screw the top back.

Step 4



- ✓ Place the tube in the bag.
- ✓ Give it back to your healthcare provider.

Your sample will be sent to a lab for testing. If HPV is found, you will need to return to your healthcare provider for more testing.