

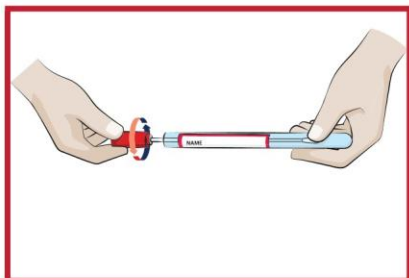
# Patient instructions for HPV self-collection

**This swab collection MUST NOT be performed during your menstrual period. Wait until menstrual bleeding stops before collecting sample.**



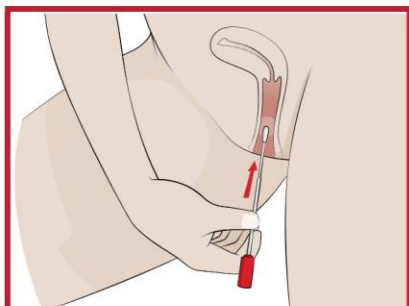
## STEP 1

Wash hands with soap and water.  
Lower your underwear.  
Sit, stand or lie in a comfortable position.



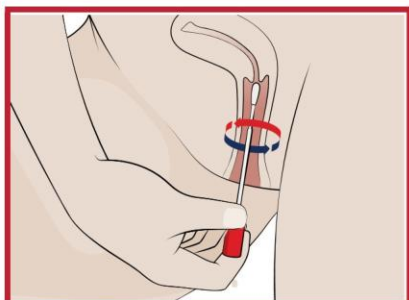
## STEP 2

Twist the cap and remove the swab from the packaging.  
Locate the small red mark about half way along the swab.  
Do not touch the soft tip.  
Do not put the swab down.



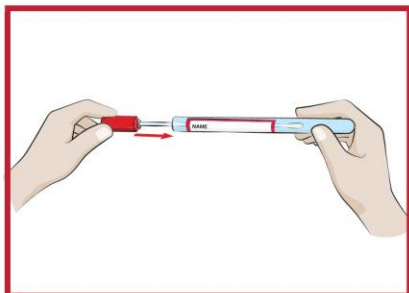
## STEP 3

Use your free hand to move skin folds at the entrance of your vagina.  
Insert the swab into your vagina.  
Aim to insert the swab up to the small red mark. This should not hurt but may feel uncomfortable.



## STEP 4

Gently rotate the swab in a circular motion for 10 - 30 seconds.



## STEP 5

Remove the swab carefully and place the swab back into the container and secure the cap.  
Return the secured swab container to your doctor, nurse or collector.  
**Make sure swab container is labelled with your name, date of birth, and date of collection.**