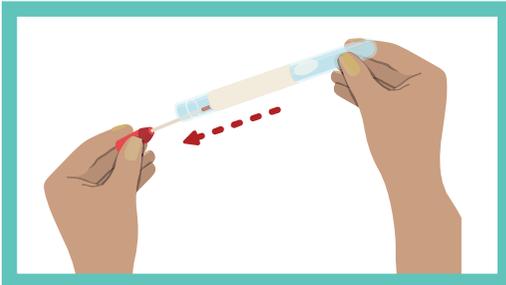


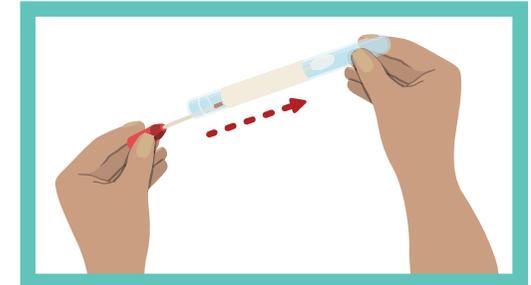
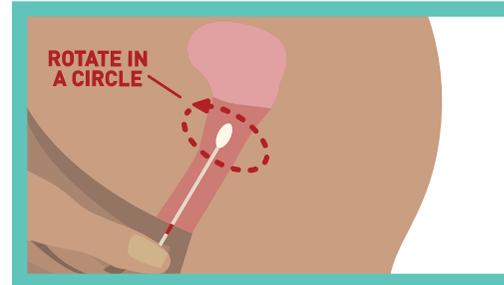
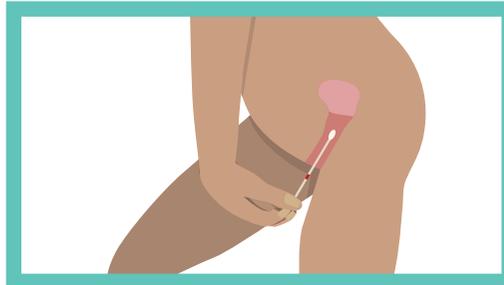
HOW TO TAKE YOUR OWN HPV TEST



VCS Pathology



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STEP ONE

- Lower your underwear
- Twist the red cap and pull out the swab
- 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 doctor or nurse
- If you have any questions, ask your doctor or nurse



Your Practitioner will provide you with a swab

