

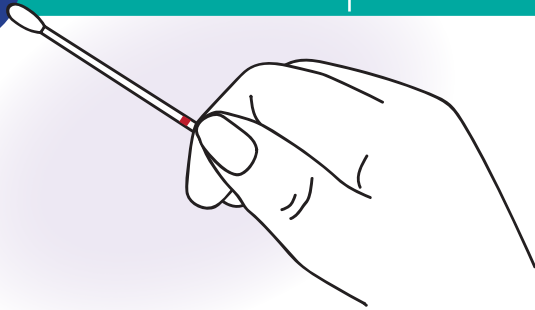
How to take a sample to test for HPV

IMPORTANT - do not use the kit if you are pregnant or having your period.

1. What is in the kit?

- This instruction sheet - **please read this first.**
- Swab in a sealed pack.
- Plastic tube with white cap.
- Plastic zip lock bag
- Blank label
- Pink lab form

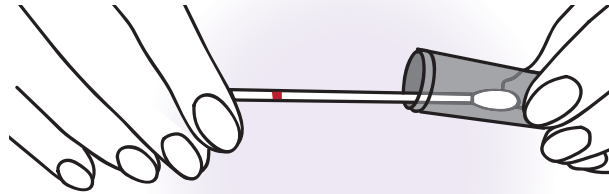
2. Take the sample



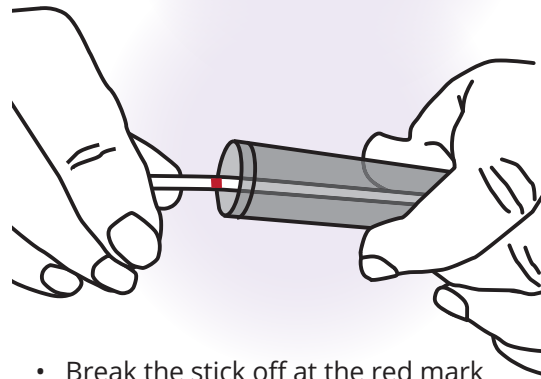
- Open the pack and take out the swab holding it close to the red mark on the stick.
- Gently insert the swab into your vagina.
- Turn the swab gently for 10-30 seconds. This shouldn't be painful or uncomfortable.

3. Put the swab in the tube.

- Take the swab out of your vagina. Keep holding the swab in your hand. Don't let the swab touch anything or it could get contaminated.

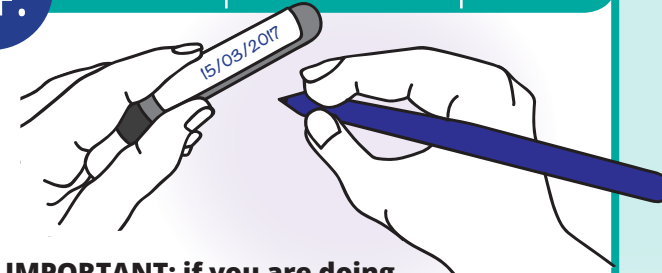


- Put the swab into the tube - fluffy end first.



- Break the stick off at the red mark by bending the stick against the rim of the tube.
- Tightly screw the cap onto the tube.

4. Pack up the sample



IMPORTANT: if you are doing this at home, please write the date that you took your sample on the label on the tube.

- Place the tube into the zip lock bag
- Put the left over packaging in the rubbish bin
- Wash your hands with soap and water

5. Return the sample

If you are doing the sample at the clinic, hand the ziplock bag to the nurse at your clinic.

If you are doing the sample at home the ziplock bag has to be at the lab within 7 days of taking the sample so return the ziplock bag to your clinic or the lab as soon as possible.

If returning your sample to the lab, please go to Lab Tests: 51 Lincoln Road, Henderson

Opening hours:
Monday-Friday - 7am to 5.45pm
Saturday - 8am to 12 noon

**If you have any questions about this study, please contact our study nurse:
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