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What is cervical cancer screening?

Cervical cancer screening is an offer to receive a gynaecological examination at your general practitioner. During the examination your general practitioner will take a cell smear which will be sent for analysis for cellular changes and in some cases HPV.

Why is it a good idea to participate in cervical cancer screening?

Cervical cancer is best prevented by early detection of cellular changes. The safest way to discover early cellular changes is by participating in the regular cervical screening program.

Do I need to attend cervical cancer screening if I do not have any symptoms?

Yes, you will not notice if you have cellular changes. That is why it is important to attend screening regularly.

Can cervical cancer screening give a false sense of safety?

Not all cases of cervical cancer or pre-stages are discovered during screening.

Can cervical cancer screening give a false alarm?

You will be recommended a follow-up examination if your smear contains cellular changes. In some instances, the follow-up examination will show that your cervix is normal.

What if I have cellular changes?

The severity of cellular changes can vary. Some cellular changes require treatment while others need surveillance. If you have cellular changes you need further examination at your general practitioner or a gynaecologist.

Can cervical cancer screening result in overtreatment?

It is not possible to distinguish between the cellular changes that clear on their own and the ones that develop into cancer. For this reason, treatment is recommended if the smear shows severe cellular changes.

What is the difference between using an HPV self-sample and being cervical cancer screened at my general practitioner?

The HPV self-sample can be taken at home by yourself. The examination at your general practitioner requires a gynaecological examination where the general practitioner perform a smear test. The smear sample will be analysed for cellular changes and in some cases HPV. The self-sample will only be analysed for HPV.

Is an HPV self-sample as accurate as a smear test taken at my general practitioner?

Yes, an HPV self-sample is as accurate and reliable as a test taken at a general practitioner.

Does it hurt to use an HPV self-sample?

Each woman experiences the use of the HPV self-sample differently. Most women say it does not hurt and does not feel particularly uncomfortable to perform. However, for some it might feel slightly uncomfortable.

What if I am unable to perform the HPV self-sample on my own?

If you are not able to perform the HPV self-sample on your own due to a disability, or you do not feel safe using it on your own, you can arrange the sample to be taken at your general practitioner. The advantage of an HPV self-sample is that you do not need a gynaecological examination.

Can I use the HPV self-sample brush when I have my period?

It is best to wait to perform the HPV self-sample until after your period.

Can I use the HPV self-sample brush if I am pregnant?

No, we recommend you wait at least 4 weeks after the end of your pregnancy before you use the HPV self-sample.

Am I allowed to use vaginal products, contraception and lubricants before using the HPV self-sample brush?

Contraceptives, vaginal soap and water-based lubricants can be used as normal. Avoid using other vaginal products for at least 2 days prior to using the HPV self-sample brush.

Should I use the HPV self-sample brush if it is damaged, if I drop it without the cap on or the expiration date has passed?

No, please call us on 20 31 24 64 and ask for a new brush.

Can I repeat the HPV self-sample with the same brush?

No. Reusing the brush can result in infection and/or an incorrect test result.

How do you know it is my HPV self-sample brush?

The brush contains a small chip registered to you. This ensures that we know it is your HPV self-sample brush when we receive it.

When do I get the result of my HPV self-sample?

You get the result of your HPV self-sample within 10 days after we have received the sample at the laboratory. You receive the result of your test through your e-Boks, www.sundhed.dk or Minsundhedsplatform.dk. If you do not have an e-Boks, you will receive the result of the test by normal letter. Your general practitioner will also receive a copy of the test result.

What if my HPV self-sample is positive for HPV?

We recommend you get examined for cellular changes if your test shows that you have HPV. You need to discuss how and when with your general practitioner. In most cases HPV will not cause cellular changes.

Do I need to be screened for cervical cancer if I am vaccinated against HPV?

Yes, the HPV-vaccine only covers some of the HPV-types that can cause cervical cancer. Therefore, it is important to attend cervical cancer screening regardless if you are vaccinated.

If you have further questions you are welcome to call us on 20 31 24 64 on weekdays between 8:00 and 15:00 or write an e-mail to hvh-mpl@regionH.dk.