

Do you have a physical disability or a mental disorder?

**Participation in cervical cancer screening can be difficult if not impossible for some women with a physical disability or a mental disorder. You now have the option to use an HPV self-sample for cervical cancer screening.**

We know that for some women with physical disabilities it can be a challenge to attend cervical cancer screening because of the gynaecological examination at the general practitioner (GP). We also know that the examination at the GP might be the reason that some women with mental disorders choose not to attend screening.

### **HPV self-sample: A new option**

For both groups of women, the Capital Region of Denmark now offers the option to use an HPV self-sample for cervical cancer screening.

If you are a woman aged 23-64 years old, have residency in the Capital Region and have a physical disability or a mental disorder you have the option of receiving an HPV self-sample in consultation with your GP.

The self-sample does not require a gynaecological examination and you can perform the test yourself at home or you can take the test with the assistance of health personal. The HPV self-sample is just as reliable as an HPV-test taken at the GP.

### **HPV self-sample. How?**

The HPV self-sample consists of a small soft plastic brush like a tampon. Detailed instructions on how to use the self-sample and a prepaid return envelope are sent to you along with the HPV self-sample. When you have performed the HPV self-sample you place the brush in the return envelope and send it to the Screeningprogram of the Capital Region, Department of Pathology, Hvidovre Hospital.

### **When and how do I receive the test result?**

You receive your test result within 10 days after we have received your HPV self-sample. You can view your test result through e-Boks, [www.sundhed.dk](http://www.sundhed.dk) or [minsundhedsplatform.dk](http://minsundhedsplatform.dk). We also send a copy of the result to your GP. You will receive the test result by normal letter if you do not have an e-Boks.

If your test result is HPV-positive, we recommend contacting your GP and make an appointment for a follow-up examination. If your test is HPV-negative you do not need further action.

The HPV self-sample offer is only available for women residing in the Capital Region. The HPV self-sample offer is voluntary, free of charge and within the hospital's duty of confidentiality.