



VERSION 1.0

How to collect your HPV self-sample

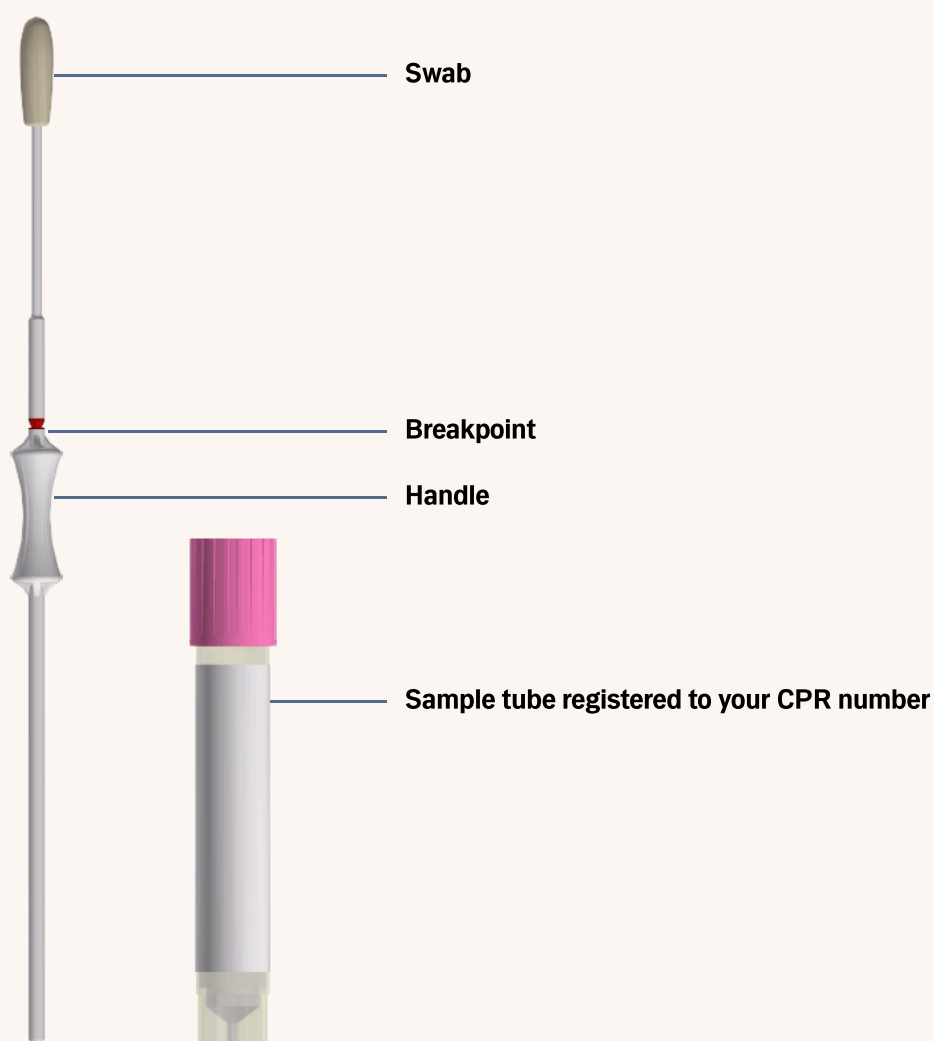
AMAGER AND HVIDOVRE HOSPITAL

Swab for the HPV self-sample test

The self-sample test consists of a swab and a sample tube. See what the parts are called before you take the sample.

The kit contains

- Self-sample swab
- Sample tube
- Sample bag
- Return envelope



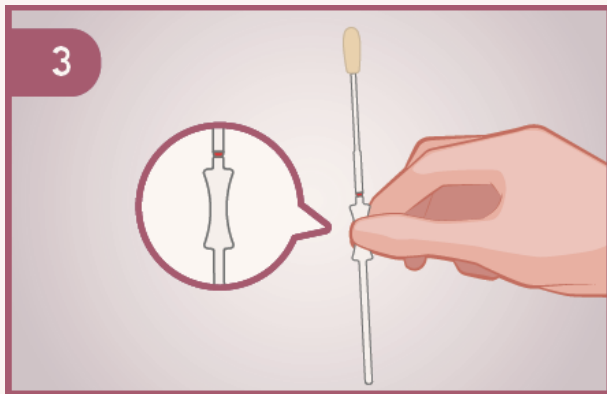
Guide to the HPV self-sample test



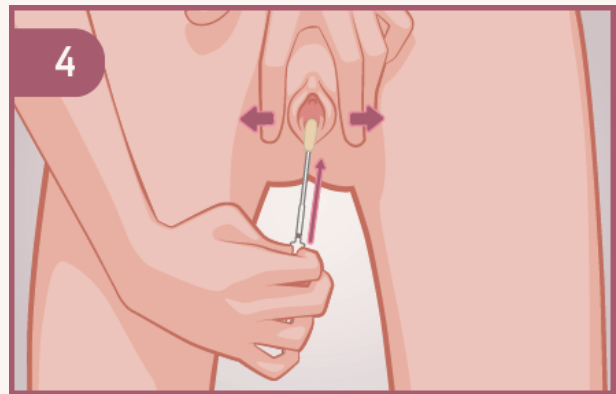
Wash your hands before using the self-sample.



Take the swab and the enclosed tube out of the packaging. Be careful not to touch the cotton-swab-like swab head.



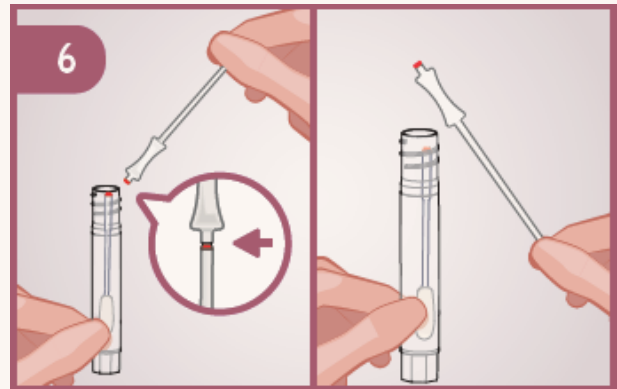
Hold the small handle in the middle of the shaft while taking the test.



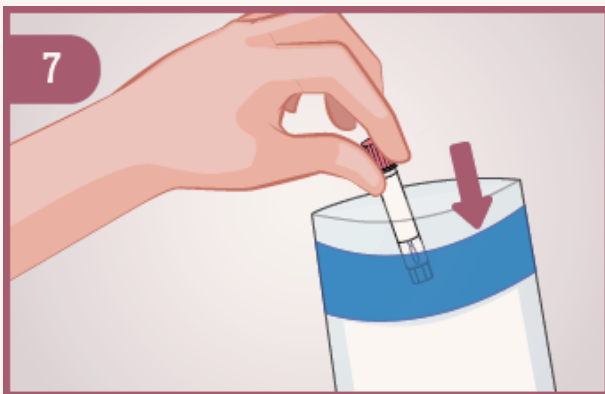
Spread the labia with one hand, while inserting the swab into the vagina with the other hand. Remember to hold the handle throughout the sampling.



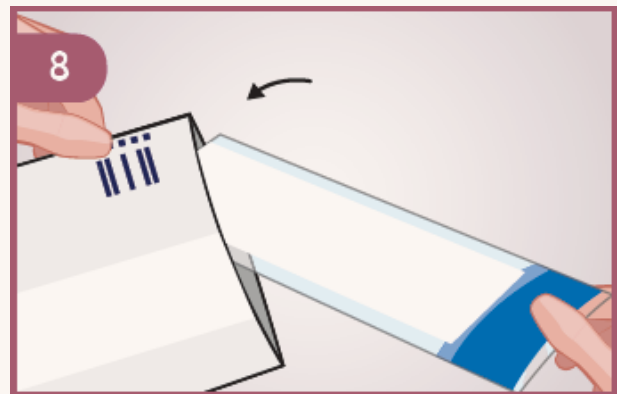
Insert only as far as the handle. Rotate the swab for 20 seconds, then carefully remove the swab from the vagina.



Twist the lid off the enclosed tube. Do not put the swab down on any surface while removing the lid. Rest the swab shaft against the rim of the tube and snap the shaft off at the handle.



Screw the lid onto the tube. Put the tube into the enclosed transparent plastic bag.



Put the bag with the tube into the enclosed prepaid white return envelope. Hand in the envelope at your nearest DAO parcel shop.