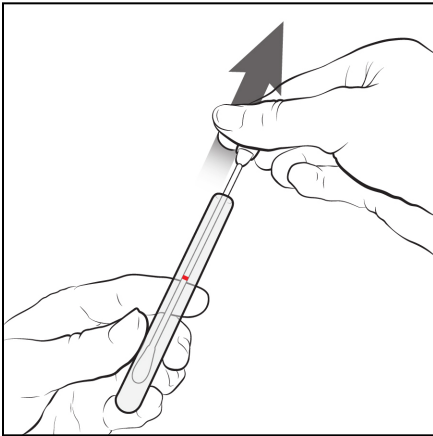


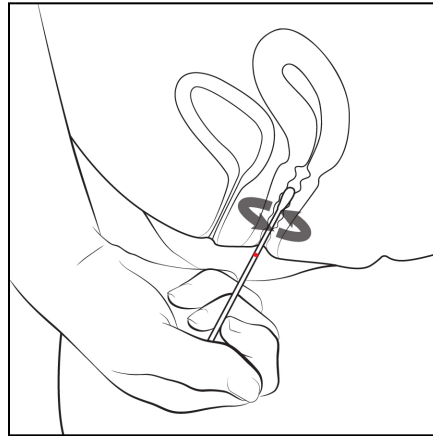
How to Collect Your Own HPV Sample

Please read all the steps before you start. Wash and dry your hands and get comfortable. You can do this sitting or standing. Take your time.



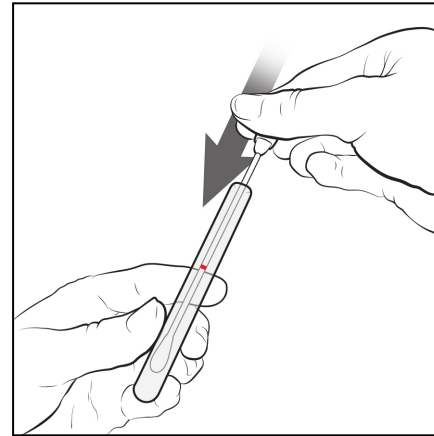
Step 1

- Twist the cap to pull out the swab.
- Hold the swab by the cap, **not** the soft end.
- Save the tube. You will need it later.



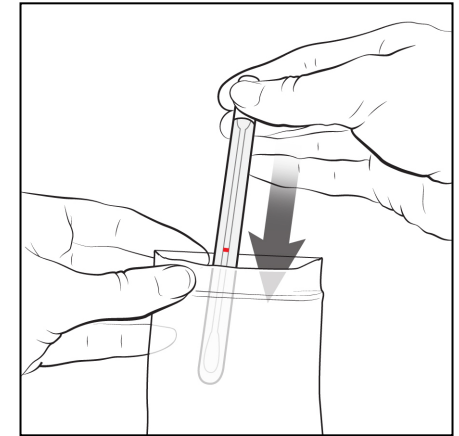
Step 2

- Use one hand to spread the skin around your vagina. With the other hand, insert the swab into your vagina up to the **red** mark.
- Hold the swab inside for about 30 seconds, turning it slowly.



Step 3

- Take the swab out and put it back in the tube.
- Twist the cap back on the tube.



Step 4

- Put the tube back in the bag.
- Give the bag to the lab staff member.

Remember: You are in control. Don't push if something hurts or upsets you. If you can't finish the test, tell the lab staff member. They can safely get rid of the test swab. And they can let the clinic staff know that you couldn't complete the test.