



National  
Cervical  
Screening  
Programme

# Cervical Screening



## How to do the HPV self-test

**Published: May 2024**

HE1233



## Before you start



Some of the information in this document may make people:

- upset
- worried.



This information is not meant to scare anyone.

If you are worried you can talk to your:



- whānau / family
- friends
- doctor.

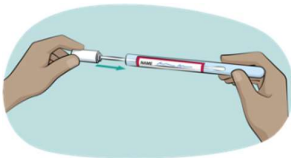
# What you will find in here

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# What this document is about

This document is from:

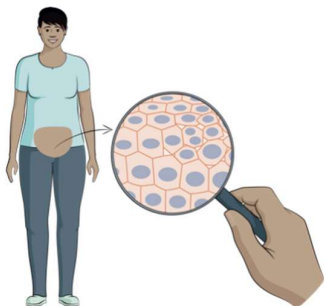
**Health New Zealand**  
Te Whatu Ora



National  
Cervical  
Screening  
Programme

- Health New Zealand | Te Whatu Ora
- National Cervical Screening Programme.

It is about **cervical cancer screening**.



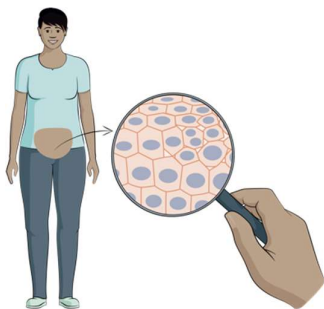
**Screening** is a test to find people who have a higher chance of getting **cancer**.



**Cancer** is a disease that can make people very sick.

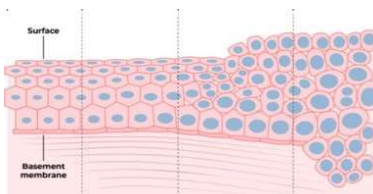


Sometimes cancer can make people so sick they die.

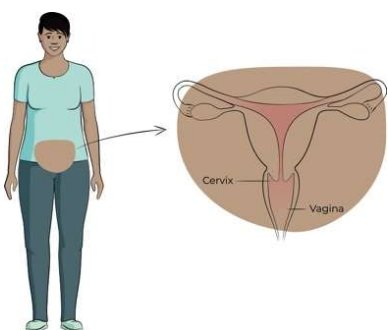


Your body is made of lots of tiny pieces called cells.

Sometimes these cells can go wrong.

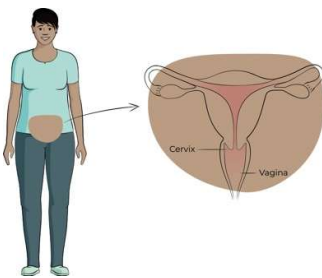
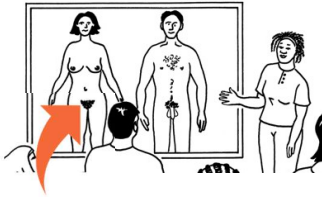


Cancer starts when cells grow out of control.



**Cervical cancer** is cancer that happens in your **cervix**.

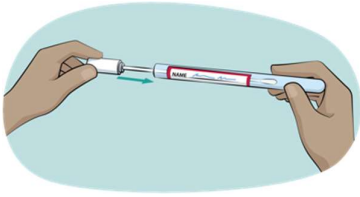
The **cervix** is inside your body at the top of your **vagina**.



People use different words for their **vagina** like:

- front bottom
- fanny
- down below
- private parts.

The vagina is the part that is inside your body.

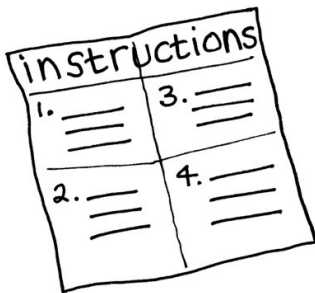


There is a new sort of screening test for cervical cancer.



You can choose to:

- have the test done by someone like a:
  - nurse
  - doctor
- do the test yourself.



If you choose to do the test yourself this Easy Read document tells you how to do the test

# How to do the test



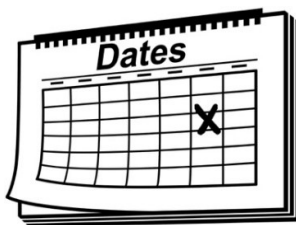
When you go to do your test you will be given:

- a test kit
- some instructions on how to do the test
- a form.



There is a label on the test kit with information like:

- your name
- when you did the test.





You need to:



- check that everything on the label / form is right
- fill in anything that is missing from the label / form.



The person giving the test will:

- show you what is in the test kit
- tell you how to do the test
- tell you what to do when you have finished the test.





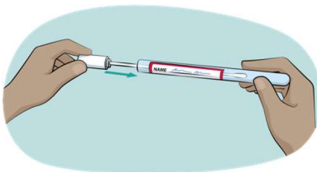
There are a few different sorts of test kit.



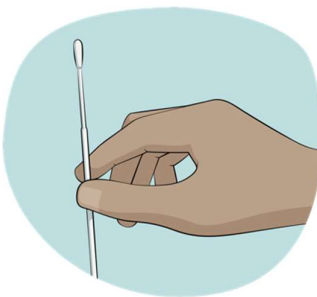
Do not worry if your test kit is a bit different from the 1 shown in this document.



You can ask the person giving the test about anything you are not sure of.



All test kits will have a tube with a **swab** inside it.



A **swab** is a thin stick with a soft bit at 1 end.



You will go to a **private** place to do your test.



**Private** means no one can see you doing the test.



### Step 1

Wash your hands with soap and water.

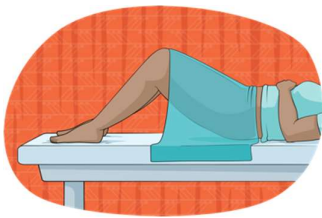


Dry your hands well.

## Step 2



Get into a position / place where you can easily reach your vagina.



You could:

- sit
- lie down
- stand
- squat / standing while bending your knees.



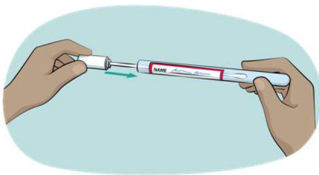
Ask the person giving the test for support if you cannot find a position that works for you.

### Step 3

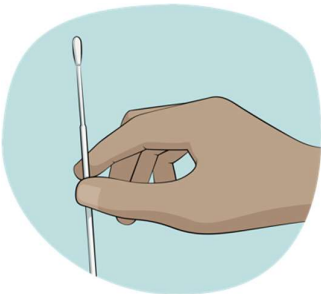


Open the test kit.

Take out the tube.



Take the top off the tube.



You may need to twist the top of the tube.

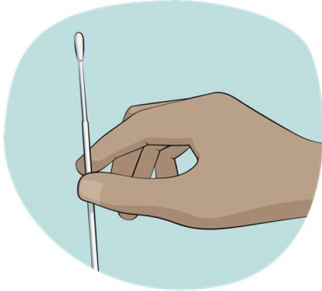
Take the swab out of the tube.



Try not to touch the tip of the swab with your fingers.

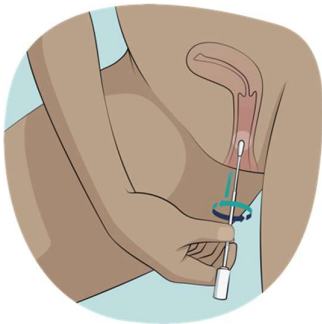
Try not to let the tip of the swab touch anything else.

## Step 4



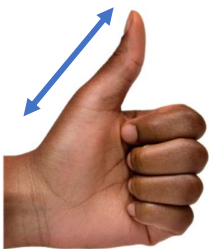
Use 1 hand to hold the swab at the middle of the stick.

Use your other hand to gently open your vagina.



Put the tip of the swab inside your vagina.

The swab should go **4 to 5 centimetres** inside your vagina.



**4 to 5 centimetres** is around:

- the length of your thumb
- where you would put a tampon.



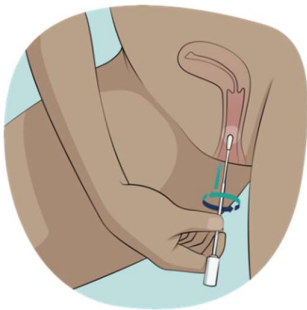
If it does not feel comfortable you can:

- pull the swab out a little bit
- ask the person giving the test for support.

### Step 5

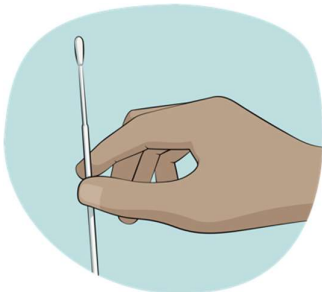


Move the swab slowly around the inside of your vagina 4 times.



This should take about 20 seconds.

Make sure the swab is gently touching the sides of your vagina.



Take the swab out of your vagina.

## Step 6



The instructions in your test kit will tell you what to do with your swab.

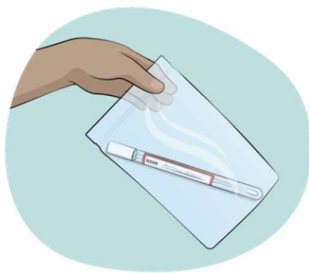


You can ask the person giving the test for support if you are not sure what to do.

## Step 7



Put any rubbish from the test into the bin.



Do not put the swab in the bin.

See Step 8 for what to do with the swab.



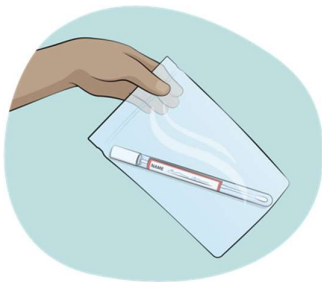


Wash your hands with soap and water.



Dry your hands well.

### **Step 8**



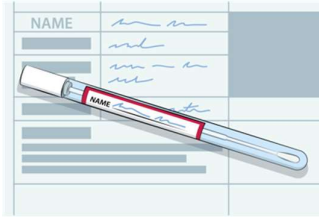
If your kit has a plastic bag put your swab into the bag.

Seal up the bag with the swab inside.



Give the bag to the person giving the test.

## What if I make a mistake?

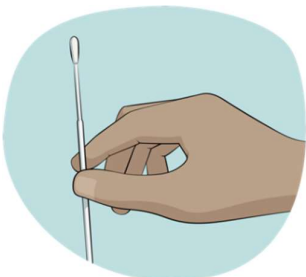


There are not many things that can go wrong when you do the test yourself.



It is ok to:

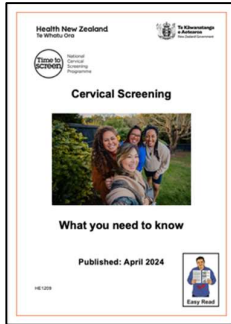
- keeping going with the test if you have touched the tip of the swab with your fingers
- keep going with the test if you do not know if you have put the swab far enough into your vagina.



Tell the person giving the test if you drop your swab.

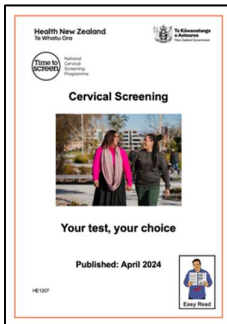
They can give you a new swab.

# Where to find more information



You can find out more about cervical screening in these Easy Read documents:

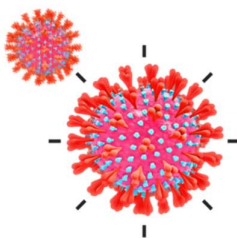
**Cervical Screening – What you need to know**



**Cervical Screening – Your test, your choice**



You can get in touch with the National Cervical Screening Programme to find out more about:



- cervical cancer
- HPV
- what your choices are
- where to get a test.





You can find the National Cervical Screening Programme **website** at:

**[www.TimeToCervicalScreen.nz](http://www.TimeToCervicalScreen.nz)**



The website is not in Easy Read.



You can **email** the National Cervical Screening Programme at:

**[screening@health.govt.nz](mailto:screening@health.govt.nz)**



You can **phone** the National Cervical Screening Programme on:

**0800 729 729**

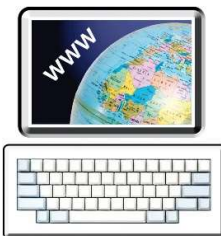


You can use the New Zealand Relay service to phone the National Cervical Screening Programme.



If you find it hard to use the phone the **New Zealand Relay** service is for people who are:

- Deaf / hard of hearing
- deafblind
- speech impaired / find it hard to talk.



You can find out more about the New Zealand Relay service at:

[www.nzrelay.co.nz](http://www.nzrelay.co.nz)



National  
Cervical  
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Programme

This information has been written by the National Cervical Screening Programme.

**Make it Easy**  
Kia Māmā Mai



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.

**People First NZ**  
Ngā Tāngata Tuatahi



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