



To you who have received an HPV self-sampling kit

Information in other languages at hpvhjemmetest.no

Cervical screening reduces the risk of cervical cancer

Some women do not attend cervical screening, as they find gynaecological examinations challenging.

Therefore, we now offer HPV self-sampling, which you can perform yourself privately. It is optional to take the test, and it is free.

The self-sample detects HPV-infections just as well as a sample taken by a doctor. However, the self-sample cannot discover abnormal cells (cellular changes) or any other gynaecological conditions. Due to this, the cervical screening test performed by a doctor is always the best option.



How cervical screening with HPV self-sampling works

- ❖ You receive a self-sampling kit from your doctor and perform the test yourself.
- ❖ When you have done the test, you must deliver it at the doctor's office as soon as possible. The most convenient is therefore to take the test privately during the appointment. However, you may bring the test home if you prefer.
- ❖ Your sample is analysed for HPV and the test result will be sent to your doctor
- ❖ Normally, you will get the result within 3 weeks. Contact the doctor's office if it takes longer
- ❖ **If HPV is detected**, you should have a screening test taken by a doctor or a gynaecologist
- ❖ **Turn the page for more information about test results and symptoms**

Did you know

Cervical cancer is nearly always caused by a virus group called HPV (human papillomavirus)

By taking an HPV self-sample test, an HPV-infection can be detected and followed up

Most of us will have an HPV-infection at least once in our lifetime, but normally the infection clears by itself

A persistent HPV-infection may cause abnormal cellular changes, that over years can develop to cervical cancer if not treated

Cervical screening is recommended even if you are vaccinated or have a regular partner

Help us make HPV self-sampling as good as possible

Please answer our anonymous survey

Scan the QR-code or go to <https://nettskjema.no/a/355216>



Frequently asked questions and information



What is an HPV self-sample?

It is a virus test for HPV that you can perform yourself. The self-sample swab looks like a Q tip, that you insert into your vagina just like a tampon. Rotate the swab along the inside of your vagina. You do not have to reach the cervix to get a good sample. Therefore, the test is simple to perform correctly. The test is analysed at the laboratory and the result is sent to your doctor.



What if HPV is detected?

The self-sample can detect HPV but cannot be used to find abnormal cells. If HPV is detected, we strongly recommend having a cervical screening test taken by a doctor or a gynaecologist to look for potential abnormal cells.



What if HPV is not detected?

If HPV is **not** detected, you have a very low risk of developing cervical cancer before your next screening test. Your next screening test is recommended in 5 years. Contact a doctor if you get any symptoms (below).



When should the self-sample not be used?

The self-sample should not be used during *pregnancy*, *menstruation* or in case of *symptoms*. Wait with the self-sample if you have *given birth within the last 3 months* or have had a *gynaecological surgery the last month*. If you have *previous abnormal test results that have not been followed up*, we recommend that you contact your doctor.

Do you find it challenging to have a gynaecological examination performed by your doctor?

Talk to the doctor's office about other options. You may ask for another doctor to do the examination, or a referral to a gynaecologist. We recommend that you watch the short film about the cervical screening test at sjekkdeg.no // other languages

Contact a doctor in case of symptoms – regardless of age and time since your last test
No test is 100 % reliable, and symptoms should always be examined



Irregular bleeding



Bleeding during or after sex



Bloody or smelly discharge



Persistent pelvic pain or back pain



How much does the self-sample cost?

The self-sampling kit is free. For the doctor's appointment, you must pay the normal fee.



Reservation and privacy

The Cancer Registry stores information about your test results. You may reserve yourself against indefinite storage of your normal test results. You have the right to object to sharing your test results with health professionals, who need the information for your follow up. You have the right to access the information registered about you in the Cancer Registry. At sjekkdeg.no, you may read more about pros and cons regarding screening. *If you reserve yourself against storage of your normal test results in the Cancer Registry, CervicalScreen Norway will not be able to send you a reminder when your next test is due.*



Contact

If you have questions, you should ask your doctor. You can read more at hpvhjemmetest.no. CervicalScreen Norway is available at **22 45 13 00** Mon-Fri from 12:00 - 14:30, or e-mail livmorhals@krefregisteret.no

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