

User instruction for HPV self-sampling

For other languages, see hvhjemmetest.no

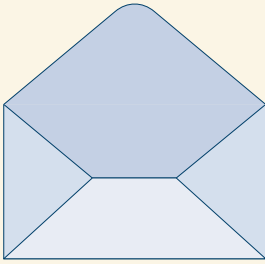
Please do NOT take the sample if you:

- are pregnant
- have your period - wait until 2 days after the period
- have given birth within the last 3 months
- have had a gynaecological surgery the last month
- have previous abnormal results that are not followed up
- have any symptoms - contact a doctor

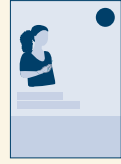
Symptoms may be such as irregular bleeding, bloody or smelly discharge, bleeding during or after intercourse or persistent pelvic pain.

1

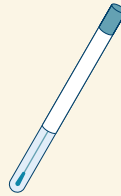
You have received:



Information letter



User instruction



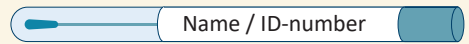
Swab for self-sampling



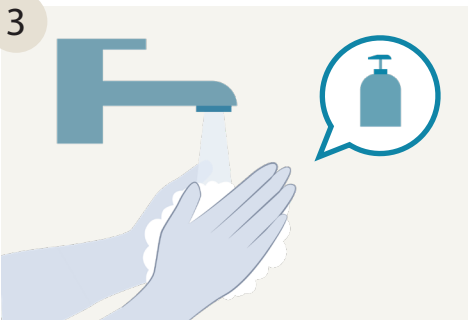
Return envelope

2

- Make sure the swab is marked with your personal data.
- If the information is wrong, contact your doctor.

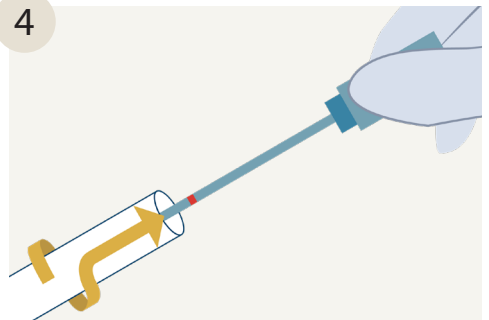


3



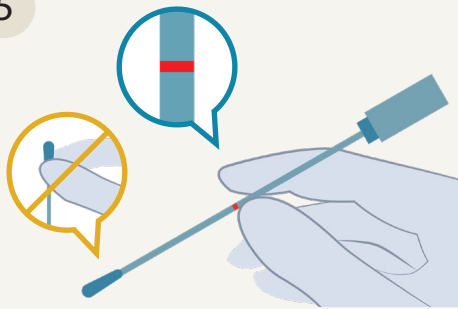
Start by washing your hands.

4



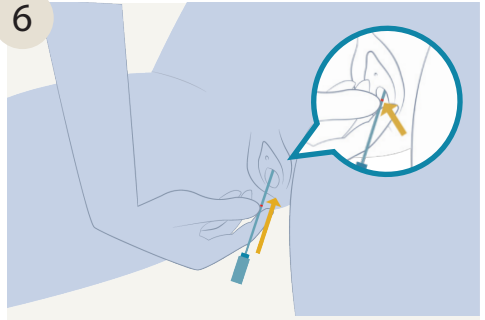
Remove the swab from the tube.

5



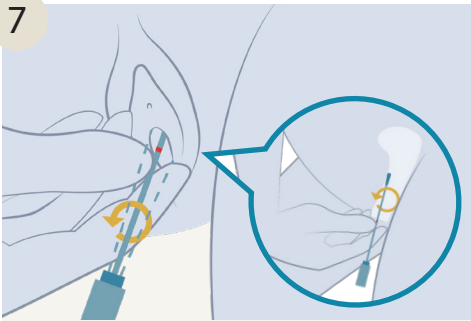
Hold the swab at the red mark. Do NOT touch the soft tip with your fingers and do NOT put the swab down.

6



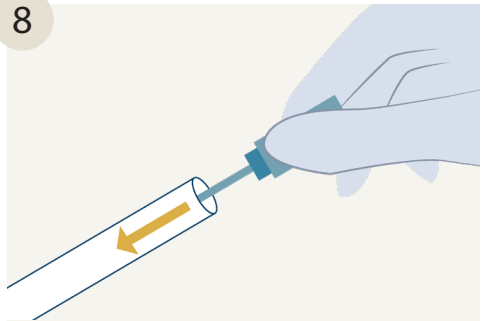
Insert the swab into your vagina, just like inserting a tampon. Make sure to insert it as far as the red mark and your fingers.

7



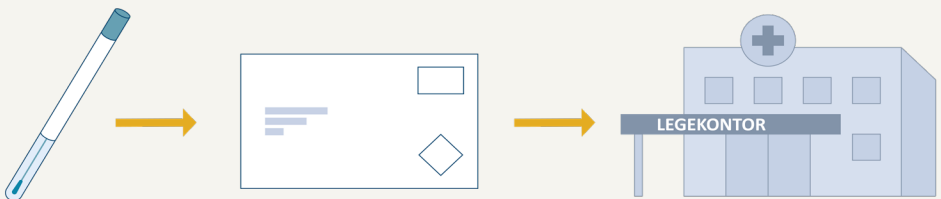
Rotate the swab for 20 seconds. You do not need to touch your cervix to get a good sample.

8



Put the swab back in the tube, and press the lid tightly.

9



Put the sample in the return envelope - please do not close the envelope. The envelope with the sample must be returned to your doctors office, preferably within 24 hours after you took the sample.



If you have any questions, you will find information at www.hpvhemmetest.no, or you may contact Cervical Screen Norway.

Telephone 22 45 13 00 between
12 and 14:30 monday to friday
E-mail livmorhals@krefregisteret.no
www.hpvhemmetest.no

Illustrations: Melkeveien/Tank