

HPV self-testing: An easy read leaflet



For people invited to do
HPV self-testing

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Find out more

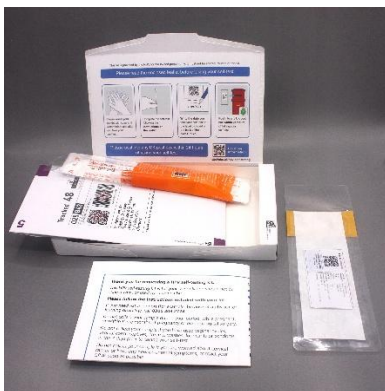
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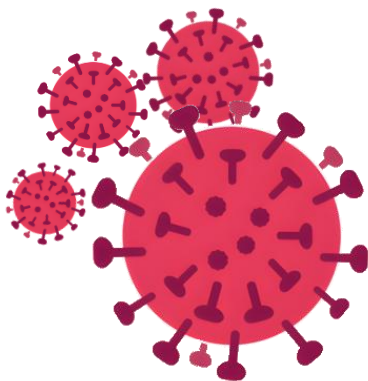
This leaflet is about HPV self-testing.



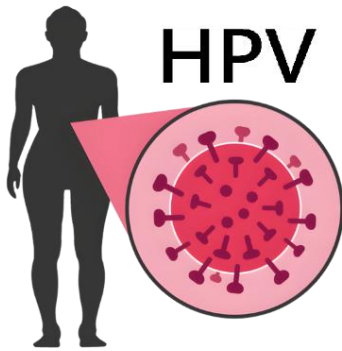
What this test is for



HPV self-testing is a test you can do on your own at home. It tests for a virus called HPV.



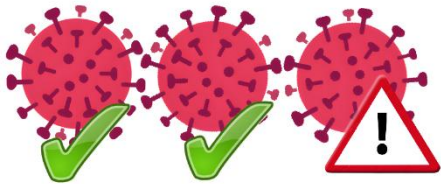
Viruses are very tiny germs that can get inside people and make them ill.



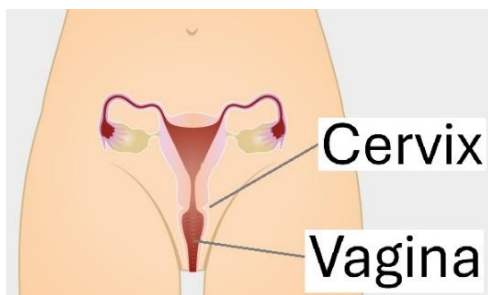
What is HPV?



Lots of people get HPV.



It does not usually cause problems.
But some types can cause cervical cancer.



Cervical cancer is cancer of the cervix.

Your cervix is inside your body, at the top of your vagina.



This is not a test for cancer. It is a test to help stop you getting cancer.



Why you have been invited



You were invited for cervical screening with a nurse or doctor. But you did not go to your appointment.



HPV self-testing gives you another way to take part.



It is important to get tested, even if you feel well.



You can do the test on your own at home.



You can ask someone to explain what you need to do. They should not do it for you.



How to get your self-test kit



You will get an invite by NHS App, text, email or letter.



The invite will tell you how to get your free self-test kit.

The kit comes in the post.



If you don't want to do the self-test



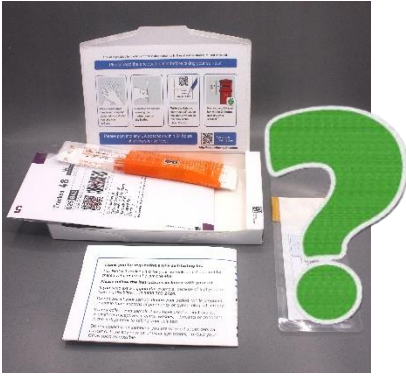
It is up to you if you do the self-test or not.



If you would rather have a cervical screening test at your doctor's surgery instead, you can.



You can make an appointment or ask someone you trust to do it for you.



What to do with the self-test kit

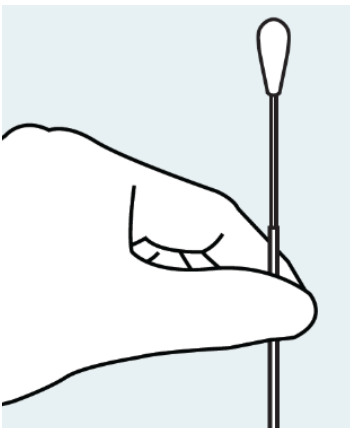


The self-test kit will tell you what to do.

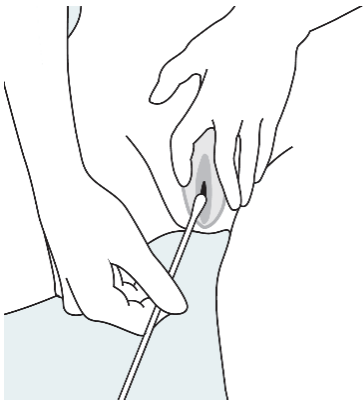
It should be quick. It should not hurt.



You can do it in on your own at a time that suits you.



The kit comes with a swab, a bit like a cotton bud.



You put the swab into your vagina to do the test.



When you have done the test, send the kit back in the post. Or ask someone you trust to post it for you.



Posting the kit back is free.



Your test results



You should get your results within 14 days. You will get your results in the NHS App or by letter.



If your test does not find HPV, you do not need to do anything. Most people get this result.



You will be invited for screening again in 5 years, if you are still under 65.



If your test does find HPV, this does not mean you have cervical cancer.



You will need to make a cervical screening appointment at your doctor's. Or you could ask someone you trust to do it for you.



At the appointment, a nurse or doctor will take a small sample from your cervix.



They will answer any questions you have.



If your result is unclear



You may need to do the test again.

This is nothing to worry about. It does not mean you have cancer.



Find out more



For more information, call our helpline on **0300 303 2724.**



If you are worried about cervical screening, talk to your learning disability nurse or doctor's surgery.



You can find out more about HPV at www.mencap.org.uk/easyread/information-about-hpv.