

HPV self-testing kit instructions (Copan)



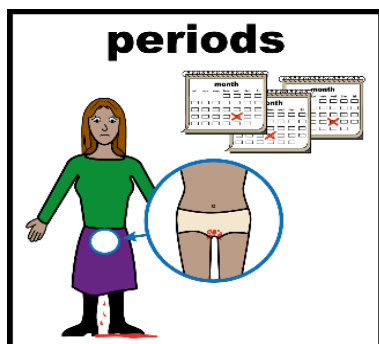
HPV self-testing



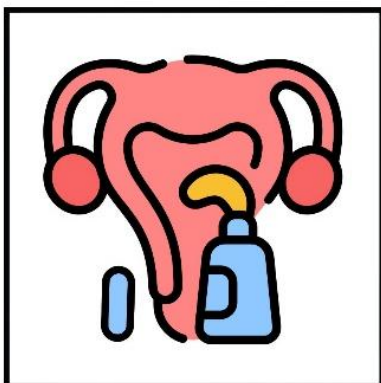
HPV self-testing is safe and works well.
Please follow these steps carefully.

If you need help, call the helpline on **0300 303 2724**.

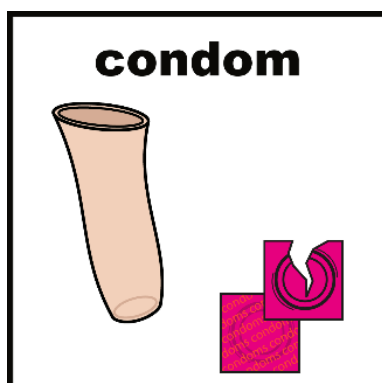
When to use your kit



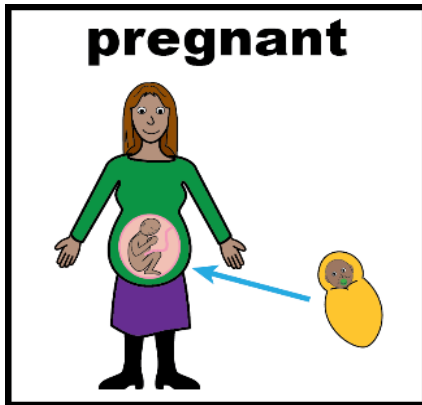
Do **not** use the test if you are on your period.



- vaginal ovules, creams or washes

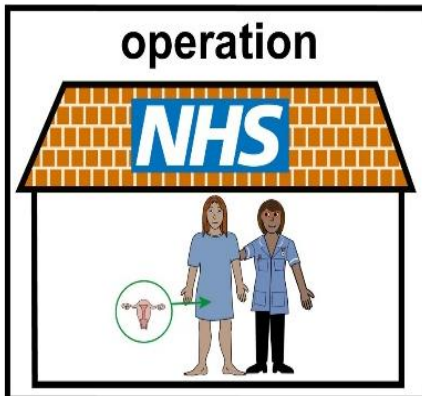


- vaginal contraceptives, condoms or lubricants



Do **not** use the test if in the last **3 months** you have:

- been pregnant



- had an operation on your womb, cervix or vagina



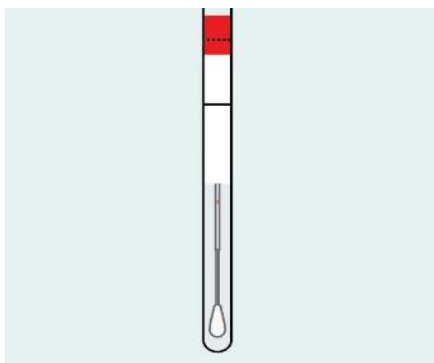
Speak to your doctor first **if** you have any unusual symptoms, like:

- bleeding between periods
- pain during or after sex
- more discharge than usual
- discharge that has an odd smell



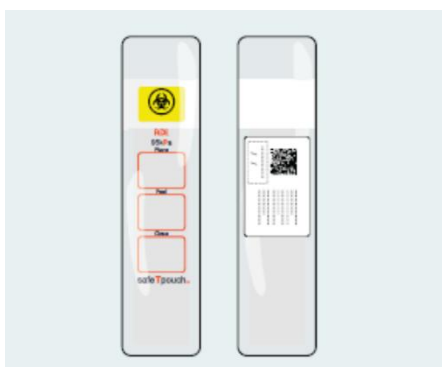
If you are not sure if you should do the test, talk to someone you trust or call the helpline on **0300 303 2724**.

Checking your kit



Before you start, check that your kit has:

- a tube with a red cap and a swab inside, a bit like a cotton bud



- a pouch



- an envelope



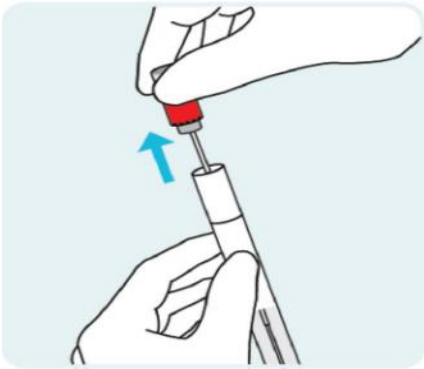
If anything is missing or broken, do not use it. Phone the helpline on **0300 303 2724**.

Do not give your kit to anyone else.

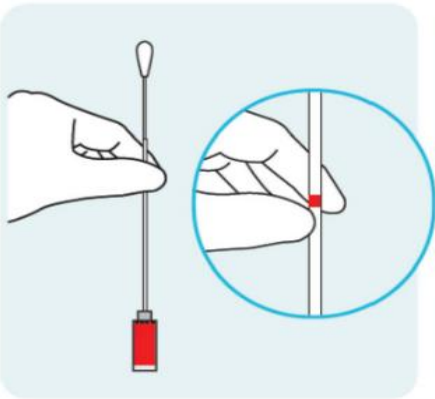
How to use your kit



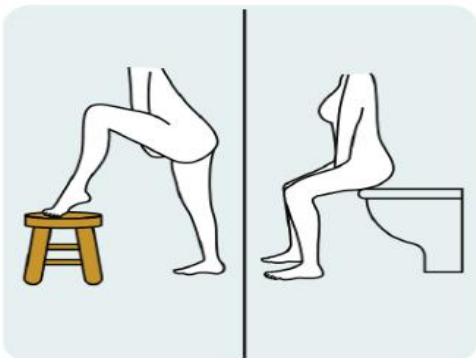
Wash your hands with soap and water.



Unscrew the red cap. Pull the swab out of the tube. Keep the tube safe for later.



Hold the swab on the red line. Make sure the tip of the swab does not touch anything.



Get into a comfortable position, like when you put in a tampon. You can stand up, sit down or lie down.



Part your legs. Spread the skin outside your vagina. Slowly put the tip of the swab 5cm into your vagina.

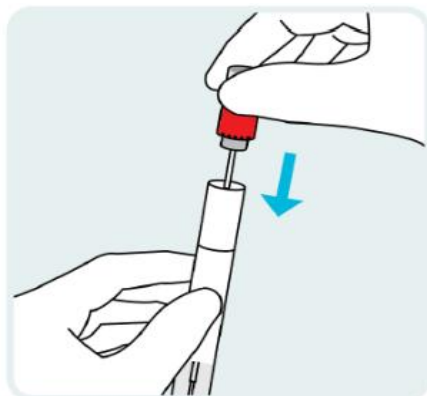


Keep your fingers on the red line to stop it going in too far. It may help to turn the swab as you put it in.



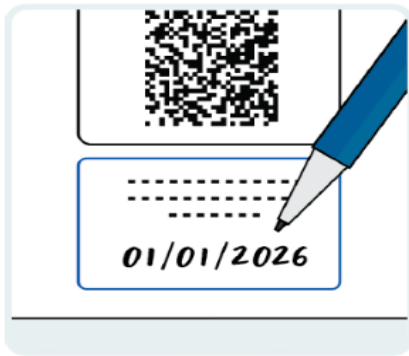
Turn the swab inside your vagina for 20 seconds. Then gently pull it out.

If this is too uncomfortable, stop and call the helpline on **0300 303 2724**.

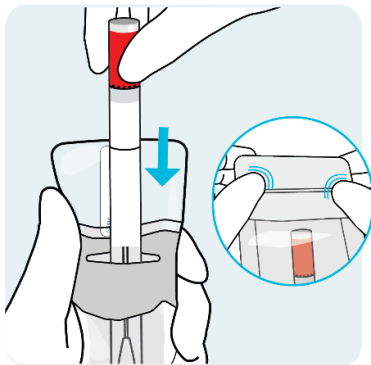


Put the swab back inside the tube. Push the red cap onto the tube until it clicks. Wash your hands again with soap and water.

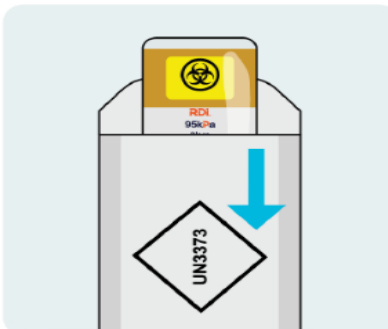
Posting your sample



Write the date you did your test on the label. The label is on the back of the pouch.



Put the tube into the pouch. Then pull off the white strip and fold over the top to close the pouch.



Put the pouch in the envelope and close it.



Post it within **24 hours** of taking your test or ask somebody you trust to do this for you.

It is free to send.



You should get your results within **14 days**.