

How to take your HPV test

1. What is in the kit?

- an information brochure – please read this first
- this instruction sheet
- a swab in a sealed pack
- a plastic tube with cap
- a plastic zip lock bag
- a sticky label for the tube with your details
- a consent form for you to fill in
- a pre-addressed courier bag
- may include a questionnaire.

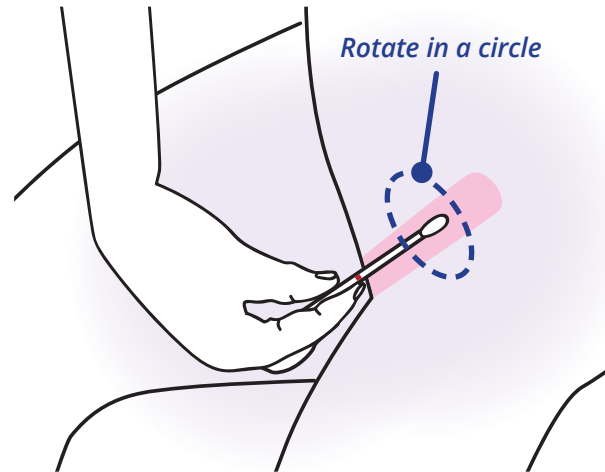
Important

- **Don't use this kit if you are pregnant.**
- **If you are having your period, take the test once your period has finished.**
- **Return the test as soon as possible.**
- **It is best to take your test on a weekday so the test can get back to the lab quickly.**

2. Complete the consent

Make sure you have read about the study and filled in the consent form

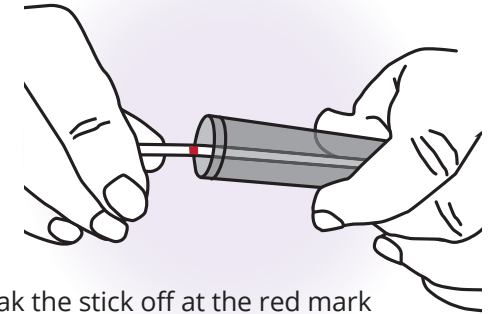
3. Take the test



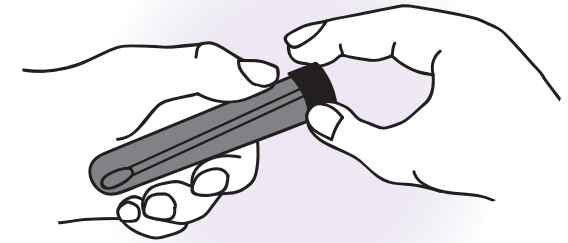
- Wash your hands
- Take the lid off the empty tube.
- Open the sealed pack and take out the swab, holding it close to the red mark on the stick. This helps to guide you about how far to insert the swab.
- Insert the swab into your vagina.
- Turn the swab gently for about 20 seconds. This shouldn't be painful or uncomfortable.

4. Put the swab in the tube

- Try not to let the swab touch anything or it could get contaminated



- Break the stick off at the red mark by bending the stick against the rim of the tube



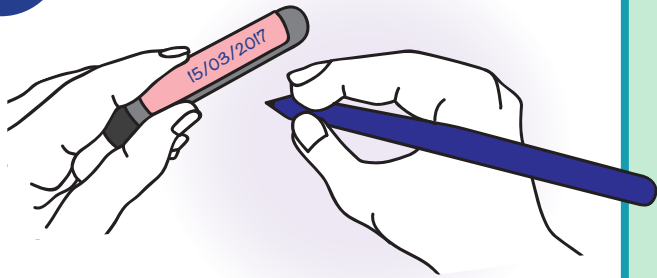
- Tightly screw the cap onto the tube
- Wash your hands

What if I make a mistake?

It is okay to continue with the test if you

- *have touched the swab with your fingers*
 - *have dropped it onto a dry surface*
 - *have inserted the swab into your vagina but are unsure if the distance is correct.*
- If you are still worried you have made a mistake, phone the study nurse.*

5. Label the test



- **IMPORTANT:** write the date that you took your test on the label and stick it on the tube
- Place the labelled tube into the ziplock bag.

We will send another kit if we cannot get a result from your swab for any reason

*If you have any questions about doing the test, please contact our study nurse:
Jane Grant:
hpvstudy@waitematadhb.govt.nz
021 195 3439*

Remember you can watch videos about the test. See more information in your invitation letter.

6. Returning the test

1. Make sure you write the date and time you took the test, and your ethnicity on the consent form.



2. Put the consent form and any completed questionnaire into the side pocket of the ziplock bag.
3. Put the ziplock bag into the pre-addressed courier bag.
4. Return the test pack in the courier bag to the lab as soon as possible.

Keep the test at room temperature until you send it.



To send your test pack in the courier bag, you can choose to either...

✓ *Drop it at a LabTests collection centre near you
www.labtests.co.nz/collectioncentres*

✓ *OR Take it to your GP clinic*

✓ *OR Phone a free courier to pick it up
PH 0800 268 743*

✓ *OR Book a free courier online at
<http://courierpickup.courierpost.co.nz/>*

✓ *OR Hand it in at a NZ PostShop (free)
– do not put in the post boxes as the test may take too long to get back to the lab*