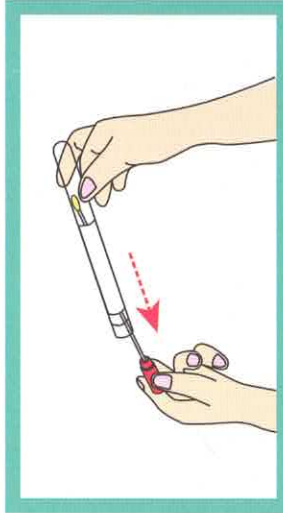
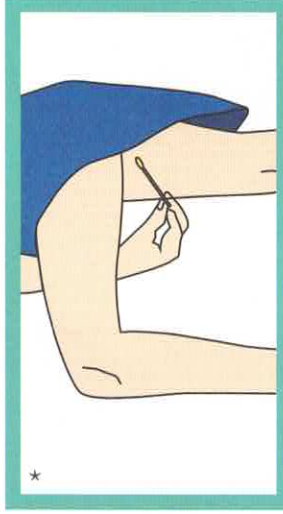


HOW TO TAKE YOUR OWN HPV TEST



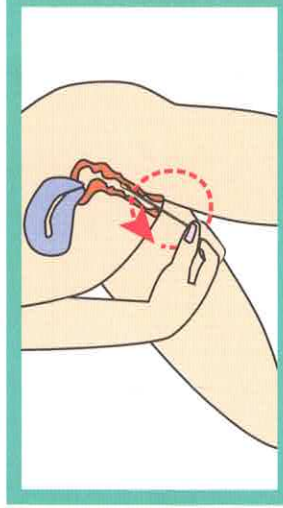
STEP ONE

- Lower your underwear
- Twist the red cap and pull out the swab
- Look at the swab and note the red mark closest to the soft tip



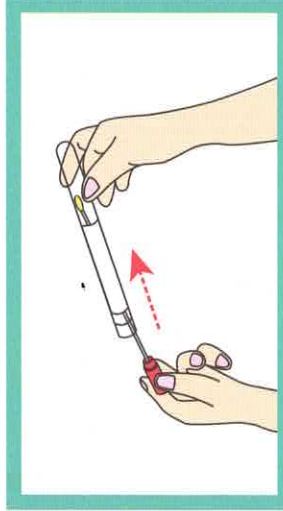
STEP TWO

- Get in a comfortable position
- Insert the swab into your vagina, aiming to insert up to the red mark



STEP THREE

- Rotate the swab gently 1 - 3 times
- Then remove the swab
- It should not hurt



STEP FOUR

- Remove the swab and place it back in the tube
- Return the tube to your doctor or nurse
- If you have any questions, ask your doctor or nurse



Your Practitioner will provide you with a swab