



High-risk human papillomavirus testing using self-sampling



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What is hrHPV self-sampling?

- Is a reliable alternative method for cervical cancer screening suitable for settings where sample taking by a clinician is unavailable or not desired
- hrHPV test performed on a participant's vaginal sample has been shown to have the same sensitivity and specificity as those performed by a healthcare provider
- Women should not be concerned about carrying out the sampling correctly, as a sample of vaginal cells even in the absence of cells from the cervix will suffice to determine whether the woman is infected with HPV

The test examines a sample of cells to see if they are infected with a high-risk strain of HPV. Long-term infection of this type can cause changes in cervical cells that could lead to cervical cancer.

Where to collect hrHPV self-sampling test?

- At home,
- At clinics / camp settings (An area with privacy, where the woman will feel comfortable).

Requirements in those areas include:

- Bed / cot / chair (easier access for inserting the swab),
- Bin to waste disposal,
- Provision for hand wash.

How is a hrHPV self-sampling test collected?

The instructions for use must be carefully followed.



STEP 1: You will be given a package by the healthcare professional or community health worker. A swab may differ from the ones shown here.

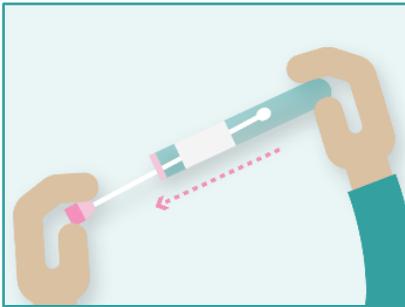


STEP 2: Wash your hands before removing the hrHPV self-sampling kit from its packaging. Make sure your hands are clean and dry.



STEP 3: Make sure you know which end of the swab can be held (Tip A) and which end is for taking the sample before you open the package (Tip B).

If you are unsure which end is which, seek advice.



STEP 4: Remove the swab from the packaging by twisting the cap. Avoid touching Tip B, which will be inserted to collect the sample. Do not put the swab down.

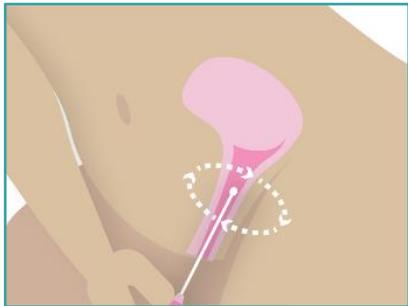


STEP 5: Undress from the waist down. Find a comfortable position, for example lying down on a cushion (with your buttocks on a cushion), knees bent and legs spread open or standing upright with one foot on a chair.

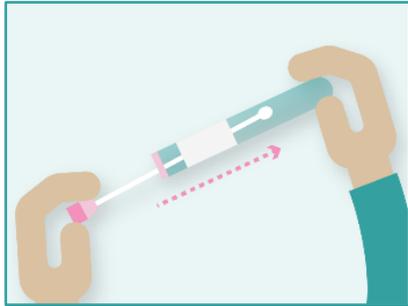


STEP 6: Gently spread your vaginal opening with one hand and insert the swab into the vagina.

Insert the swab about 5 cm (half the length of your finger) into the vagina, or to the breaking point if there is one, aiming for your lower back. This is similar to how a tampon would be inserted.

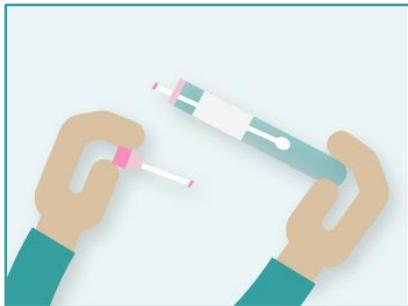


STEP 7: Gently rotate the swab 5 times (20–30 seconds) to collect cells.



STEP 8: Slowly remove the swab from the vagina and place it in the collection tube provided. Tightly screw the cap back on.

*In case of the swab with liquid transport medium – rinse in the collection medium by pressing the bottom of the collection tube several times.



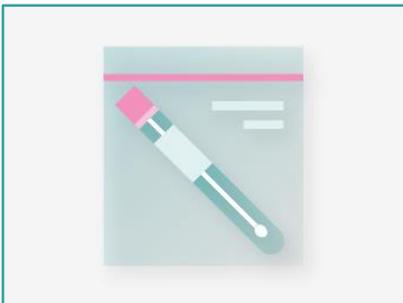
*In case of the swab with a breaking point – place the swab inside the vial after collecting the specimen and breaking the handle at the breakpoint (do not cut the swab handle with scissors).



STEP 9: After collecting your specimen, discard any remaining packages/broken-off swab handle.



STEP 10: Wash your hands with soap and water.



STEP 11: Return the package to the assigned personnel.
The date and time of sample collection is noted.

If you experience pain or brisk bleeding while performing the test, please stop the sampling immediately and inform the assigned personnel about this issue.

If you find any difficulty, the assigned personnel will assist you

Do not undergo hrHPV self-sampling test if

- You are pregnant
- You are experiencing symptoms that could be linked to cervical cancer (intermenstrual bleeding, postcoital bleeding, blood-stained underwear, lower back/pelvic pain or offensive watery discharge),
- If you have had a hysterectomy,
- If you have a history of the high-grade squamous, intraepithelial lesion (HSIL) of the cervix.



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GOVERNMENT OF INDIA

Prevention and Screening Innovation Project Toward Elimination of cervical Cancer