

Cervical screening HPV (human papillomavirus) swab test WET swab collection

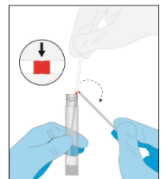
1. Check that your details on the small tube and form are correct and add anything that is missing.
2. Wash your hands with soap and water and dry them thoroughly.
3. Stand the smaller pink-capped tube containing liquid on a flat surface. Unscrew the pink cap and place it beside this.



4. Twist the cap on the long tube (the swab stick) to break the paper seal.



5. Take the swab stick out of the tube and collect your sample:
 - Hold the stick about halfway down.
 - Use your free hand to open your vagina and gently insert the swab tip about 4-5cm (about the length of your thumb, similar to inserting a tampon).
 - Rotate the swab for 20 seconds, touching the sides of the vagina.
6. Place the swab, tip first, into the liquid in the small tube, up to the red break point line.
7. Bend the stick so it snaps at the red line and the swab drops into the tube (twist it free if it doesn't snap easily).
8. Put the part of the stick left in your hand back into the longer tube it came in, then put these into the rubbish bin.
9. Firmly screw the pink cap back onto the small tube containing your sample and place it into the bag provided.
10. Put this instruction sheet in the rubbish bin, then wash your hands with soap and water and dry them thoroughly.



Hand the bag and laboratory form back to your healthcare provider.

Whakamātautau ā-rāmuku mō te mātai waha kōpū i te human papillomavirus (HPV). Te kohikohi mā te rāmuku mākū

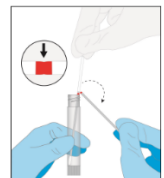
1. Hihiratia e tika ana ō taipitopito ki te ngongo iti, ki te puka hoki, ā, tāpiritia ērā e ngaro ana.
2. Horoia ō ringaringa ki te hopi me te wai, ā, ka āta whakamaroke.
3. Kia tū ki tētahi haupapa ko te ngongo iti e māwhero ana te taupoki me te wai kei roto. Kōwiritia te taupoki māwhero kia puare ai, ā, waiho ki te taha o te ngongo.



4. Takawiritia te taupoki o te ngongo roa (te rākau rāmuku) e whati ai te hira pepa.



5. Tangohia mai te rāmuku me te rākau i te ngongo, ā, kohia tō tīpakohanga:
 - Puritia te rākau kei te takiwā o waenganui.
 - Ki tō ringa e wātea ana, āta whakapuaretia tō puapua, ā, kia ngāwari tō whakauru i te toi o te rāmuku, kia 4-5 henemita te hōhonu ki roto (tōna roa he ōrite ki te roa o tō kōnui, he ōrite ki te kōuru i te puru taiawa).
 - Huria te rāmuku kia 4 pea ngā wā (tōna 20 hēkena pea), e pāngia tonutia ai ngā taha o te tara.
6. Raua te toi o te rāmuku ki roto i te wai o te ngongo iti, tae rā anō ki te rārangi whati e whero ana.
7. Whatia te rākau ki te rārangi whero, e taka ai te rāmuku ki te ngongo (kōwiritia ki te kore e māmā te whati).
8. Whakahokia te wāhanga o te rākau e toe tonu ana ki tō ringa, ki te ngongo roa ake i tae mai tērā i roto, ā, raua atu ērā mea ki roto i te ipu para.
9. Āta kōwiritia te taupoki māwhero ki runga i te ngongo iti e mau ana i tō tīpakohanga, kia mau, kia ita. Raua ki te pēke i whakaratohia ai.
10. Raua atu tēnei pepa tohutohu ki roto i te ipu para, ka horoi ai i ō ringaringa ki te hopi me te wai, me te āta whakamaroke.



Whakahokia te pēke me te puka taiwhanga ki tō kaiwhakarato hauora.