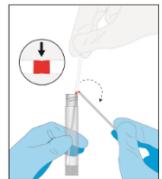


## Cervical screening HPV (human papillomavirus) swab test collection

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. Take the pink-capped tube, unscrew the pink cap and place it beside the tube.
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 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. Wash your hands with soap and water and dry them thoroughly.



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

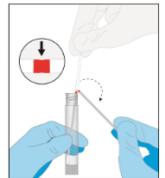
## Whakamātau waha kōpū

### Te kohikohi whakamātau HPV ā-rāmuku (human papillomavirus)

1. Tirohia mēnā e tika ana ō taipitopito kei te ngongo iti me te puka, ka tuhi i ngā kōrero e ngaro ana.
2. Horoia ō ringaringa ki te hopi me te wai, ka āta whakamaroke.
3. Tikina te ngongo māwhero te taupoki, tangohia te taupoki māwhero ka waiho ki te taha o te ngongo.
4. Kōwiria te taupoki o te ngongo roa (te rākau rāmuku) kia whati ai te hīra pepa.



5. Tangohia te rākau rāmuku i te ngongo, ka kohi i tō tīpakonga:
  - Puritia te waenganui o te rākau.
  - Mā tō ringa wātea, wherahia tō tara, ka āta whakauru i te toi o te rāmuku, kia 4-5cm ki roto (āhua rite ki te roa o tō kōnui, he pērā i te kōuru i te puru taiawa)
  - Hurihia te rāmuku mō te 20 hēkona, me pā ki ngā taha o te tara.
6. Kuhuna te toi o te rāmuku ki te ngongo iti, tae rā anō ki te rārangi whati whero.
7. Whatia te rākau i te rārangi whero, e taka ai te rāmuku ki te ngongo (kōwiria 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, ka whiu ki te ipu para.
9. Āta kōwiria te taupoki māwhero ki runga i te ngongo iti e mau ana tō tīpakonga, ka rau ki te pēke i whakaratohia.
10. Horoia ō ringaringa ki te hopi me te wai, ka āta whakamaroke.



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