

SELF-COLLECTION FACTSHEET

To be provided only by a healthcare provider during a consultation

It's important to have regular Cervical Screening Tests, as this will give you the best chance to stay healthy and strong for yourself, your family and your community.



Cervical Screening testacy matupurra rawangu nyakutjaku wantinytja wiyanguku. Waltja tjutanya communing ngurrar butatyon rawangu palya kanyilku straong and healthy.



Who should have the Cervical Screening Test?

Women aged 25 to 74 who have ever been sexually active should have a test every five years.

This includes women who have had the human papillomavirus (HPV) vaccination.

What is Self-collection?

This means that you can collect your sample in a private place in the medical centre, without a doctor.

This may help you if you're overdue by 2 years or more since your last test, or have never had one before.



Tjitunya tjapir waltjaku sample palyara mantjitjaku tjalpangu palyantjaku. Ngafja palyani privaleta anangu Medical Servicetja health center uru.

Nyuntupa health workerngkn teakltjungkuku results nyuntupa. Collected sampletjanuant nuyuntu paka Kulira plyuku tests paka treatment piyuku paka mantjilkutjatju.

Wangkanku Health Servicetjakutu Parrpatu nyunupaka mkinpa kanyira kutjupa kutjupa pak kuya kanyira. Kuwarritja Palyanguwanpa Test kungkaku wangkakanku health workerkutu kuwarri nyuntupa.



Is Self-collection right for me?

It's not recommended that all women use Self-collection. Self-collection may be possible for you if:

- you're 30 years old or over
- you're not pregnant
- you have never had a test or it has been four years since your last Pap test or seven years since your last Cervical Screening Test.

Your health worker will help you decide which collection method is best for you.

How do I collect my own sample?

If you and your health worker agree that Self-collection is best for you, they'll tell you how to collect your sample. This sample must be collected at your Aboriginal Medical Service or healthcare clinic, and you will have a private place to collect your sample.

Your health worker will talk to you about the results of your self-collected sample, and let you know if any more tests are needed.

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