

## STEPS FOR SELF SAMPLING HPV TEST



1

Wash your hands before usage.



2

Remove the Evalyn Brush from the packaging. Do not throw the packaging away, as it is necessary for sending the Evalyn Brush to the laboratory after usage.



3

Press the sides of the pink cap with your thumb and index finger to remove the pink cap from the Evalyn Brush. Ensure that you do not touch the white brush of the Evalyn Brush with your hands!



4

Obtain the sample whilst in a standing position. Assume a comfortable stance (e.g. as if you were about to insert a tampon).



5

Spread your labia with one hand, and with the other, insert the Evalyn Brush into your vagina until the wings touch your labia.



6

Hold the transparent casing with one hand, and with your other hand, push the pink plunger in the direction of the transparent casing. You will hear and feel a click when the brush is in the right position with the pink plunger directly against the casing.



7

Turn the pink plunger five rotations in the same direction. After each rotation, you will hear a click. This helps you count the rotations. After turning the plunger five times, carefully remove the Evalyn Brush.



8

Hold the transparent casing with one hand, and with your other hand, pull on the pink plunger until the white brush disappears into the casing. When doing so, do not touch the top part of the Evalyn Brush above the wings.



9

Hold the transparent end to ensure the white brush does not extend again. Place the pink cap back on the Evalyn Brush using your thumb and index finger. You will hear a click when it is properly in place.



10

Put the Evalyn Brush back inside the packaging.



11

Place the packaging containing the Evalyn Brush into the plastic bag provided and seal it.



12

Use the return envelope to send the plastic bag containing the Evalyn Brush together with other required information.

Scan the QR code below for a video version of the steps:



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# CERVICAL CANCER SCREENING PROGRAMME

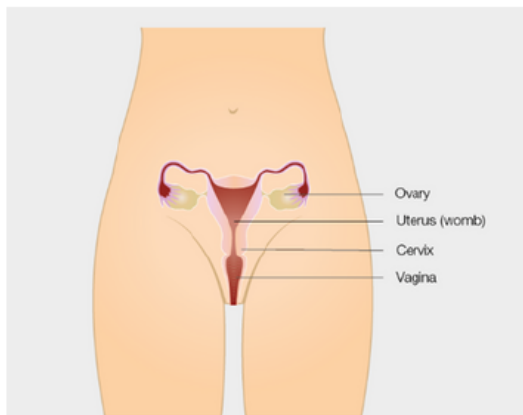
EARLY DETECTION OF CANCER SAVES LIFE

HM-LE-OP-CCSP-250312-V1

## WHAT IS IT?

The Cervical Cancer Screening Programme is:

- A screening programme for cervical cancer.
- Allow early detection and treatment of cervical cancer when you do not have any symptoms and/or signs of disease.



Cervix is the lower part of the womb (uterus) that connects the womb (uterus) and vagina.

## WHY IS IT DONE?

Cervical cancer remains as one of the most common cancers worldwide despite it being a preventable disease. It is curable if detected early and adequately treated.

As part of WHO Global Strategy to Accelerate the Elimination of Cervical cancer as public health problem, it is targeted to achieve 70% of women screened using a high performance test by age of 35 years.

In Brunei Darussalam, from 2009 to 2021, cervical cancer has dropped from 2nd to 5th most common diagnosed female cancer.

## WHO IS IT FOR?

- Women age 25-65 years
- Sexually active
- No previous history of cervical cancer

## WHAT TEST CAN BE DONE?

### 1. HPV Screening test

- More than 99% of cervical cancer is caused by Human Papilloma Virus (HPV).
- HPV testing is more superior than cytology test (Pap smear/test).
- HPV can be detected even before cancer/pre-cancerous cell changes occur. In most cases, the immune system can get rid of the virus, but sometimes HPV can cause the cell in the cervix to become either abnormal, pre-cancerous or cancerous.
- 2 ways of collecting sample: Self sampling, physician sampling.

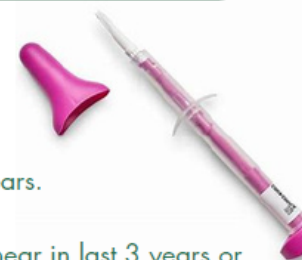
### 2. Cytology testing-Pap smear

- Physician sampling method.
- Require the use of speculum to visualize the cervix, and taking a sample from the cervix.
- Allow early detection of pre-cancerous or cancerous cell.
- If the test result is normal, you are recommended to repeat the test every 3 years.

## SELF SAMPLING HPV TEST

### 1. You are eligible for self sampling HPV test if you are:

- Sexually active female, age between 25-65 years.
- For routine screening.
- Had not have a Pap smear in last 3 years or HPV test in last 5 years.
- Not having any abnormal vaginal bleeding.



### 2. Depending on your result:

- If your test result is negative/normal, you are recommended to repeat the test every 5 years.
- If your result is positive/detected HPV, you will be recalled to do further testing.
- However, if your self sampling HPV test results is unsatisfactory, you will be required to do a physician sampled HPV test.

## HOW TO PREPARE FOR THE SCREENING TEST?

- At least 5 days post menstruation.
- 48 hours before the sampling, avoid vaginal intercourse, using water jet into the vagina/vaginal douching, using intravaginal cream, lubricant or drug.