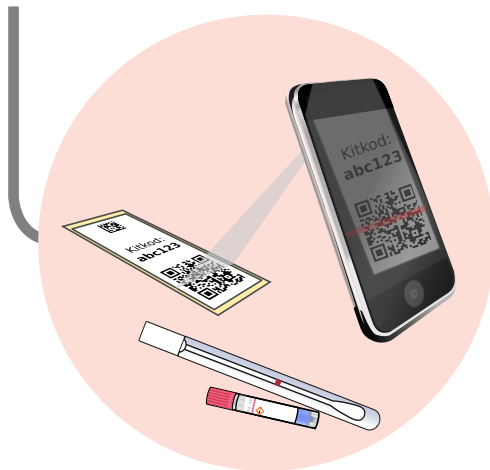
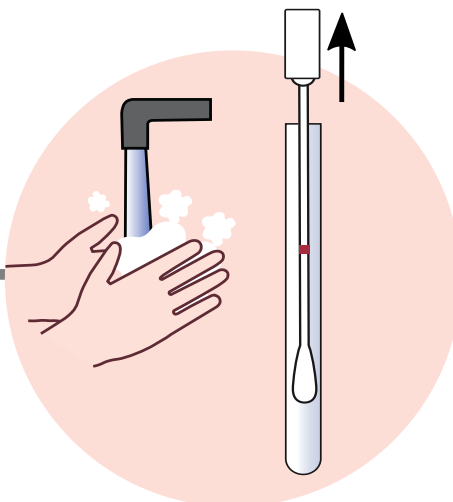


Instructions for HPV self-sampling

Prepare

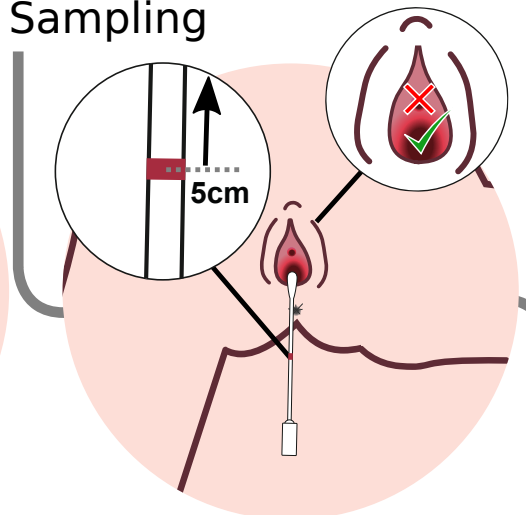


Scan the QR code on the label with your **mobile camera** or QR-app and follow the instructions in the QR link. You will be asked to log in to link the sample to your identity. [More info](#)

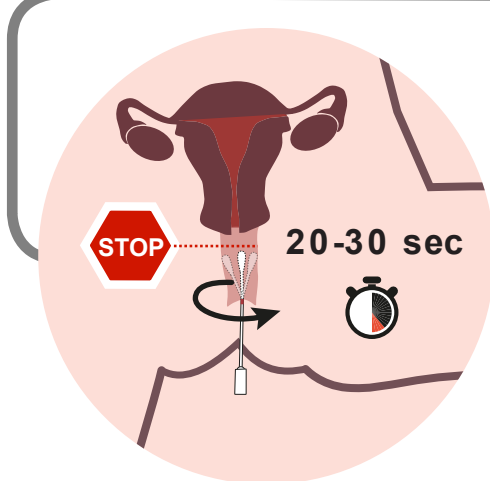


Wash your hands thoroughly before taking the test. Open the tube with the test stick. Hold the cap when you take the test stick out of the tube.

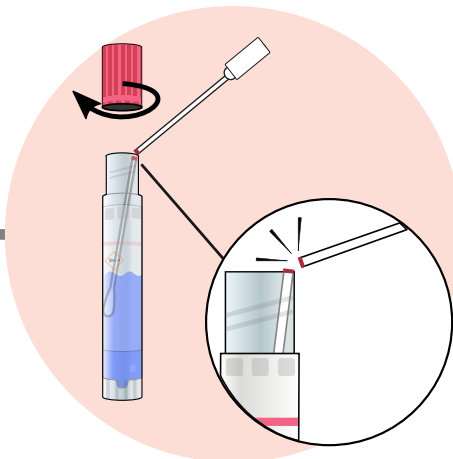
Sampling



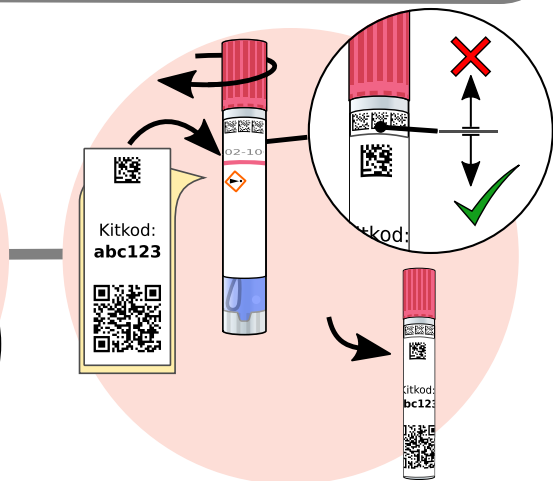
The test stick has a red marking that shows 5 centimeters. Move the test stick up into the vagina up to the red marking. The stick should not be inserted into the urethra!



The stick should not be brought up to the cervix. Rotate the stick against the walls of the vagina for about 20-30 seconds.

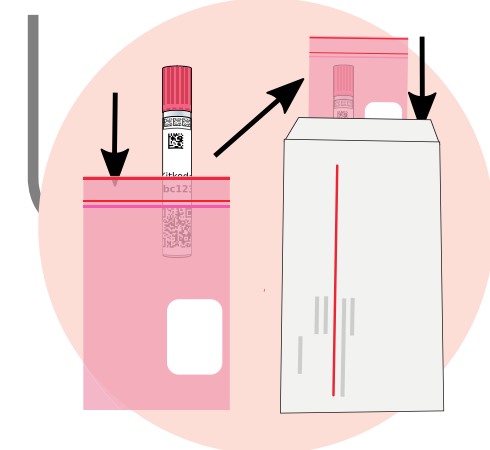


Open the sampling tube carefully so that the liquid does not spill out. Lower the test stick and break off at the mark.



Close the sampling tube by screwing on the cap. Place the sticker with the QR code, below the small dotted squares.

Submit

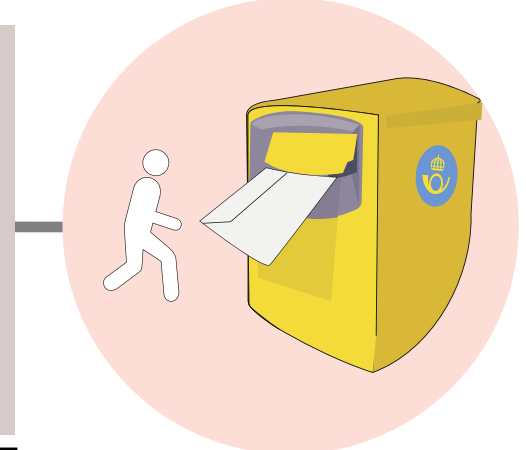


Place the sampling tube in the plastic hygiene bag with absorbent paper. Seal the bag. Place the bag in the stamped reply envelope.

Checklist

- ☐ I have scanned the QR code and **linked it to my identity**.
- ☐ I have stuck the label with the QR code on the tube.
- ☐ The sample is in the hygiene bag.
- ☐ I have re-glued the envelope.

The test can be taken even if you are menstruating and/or have discharge. If the QR code does not work, register the code manually: [/myprofile](#)



Post the sample as soon as possible. **DO NOT** submit the test until you have linked the test to your identity and received the message: "Your test is now linked to your identity."