

Information about the HPV self-sample



Screening in Denmark

In Denmark all women between the age 23 to 64 years are offered cervical cancer screening. Women at the age of 23-49 years are invited automatically every three years and women at the age of 50-64 years receive an automatic invitation every five years. After you receive the invitation, contact your general practitioner (GP) to make an appointment. In total 75% of all Danish women attend cervical cancer screening, however 25% do not regularly attend screening. Half of all cervical cancer cases diagnosed in Denmark are found among those women who do not regularly attend screening.

Screening for all women in the Capital Region of Denmark

The goal of the Capital Region is to ensure every woman a possibility to attend cervical cancer screening. The HPV self-sample is offered to women who have been unscreened for some time and have residency in the Capital Region. The self-sample consists of a small soft plastic brush in the size like a tampon. The brush is easy and simple to use, and the self-sample is as reliable as an HPV-test taken by the GP. The analysis of the self-sample shows with great certainty whether you have an HPV-infection. [Instructions on how to use the HPV self-sample can be found here.](#)

HPV self-sample, How?

The HPV self-sample is a free cancer preventive offer in the Capital Region. You can order an HPV self-sample after you have received an invitation in your e-Box or by normal letter. You order the

self-sample by using the ID in your invitation either by logging into www.HPV-hjemmetest.dk/, calling us or writing us an e-mail. The HPV self-sample will be shipped to your private address with detailed instructions and a pre-paid return envelope.

After you have used the brush you enclose the HPV self-sample in the return envelope and send it to us. The shipping cost is pre-paid. If the self-sample gets lost or damaged, you can contact us and receive a new one.

When and how do I get the test result?

You get the test result within 10 days after we receive your HPV self-sample. You can view your test result through e-Boks, www.sundhed.dk and Minsundhedsplatform.dk. Your GP will receive a copy of the test result. If you do not have an e-Boks, you will receive the test result by normal letter.

If your test result is positive for HPV, we recommend contacting your GP to make an appointment for an examination. If your test is negative for HPV you do not need to do anything further.

The HPV self-sample offer is voluntary, free and confidential. If you do not wish to receive invitations for cervical cancer screening you can unsubscribe at www.framelding.dk or call the Department of Pathology at Hvidovre Hospital.

If you have any questions you are welcome to call us on 20 31 24 64 on weekdays between 8:00 and 15:00 or write an e-mail to hvh-mpl@regionH.dk.