VERSION 1.0

Cervical Cancer Screening

HPV self-sampling

AMAGER AND HVIDOVRE HOSPITAL

Screening for cervical cancer

Screening prevents cancer by finding cell changes early.

- HPV infection is very common and usually causes no symptoms.
- Most infections go away on their own. However, a persistent HPV infection can lead to cell changes, which over time may develop into cervical cancer.
- The HPV infection itself cannot be treated, but cell changes can be treated.
- The best protection against cervical cancer is to take part in screening when invited. Invitations are issued automatically at regular intervals by the screening programme.

About the HPV self-sample

- An HPV self-sample test is just as good at detecting HPV infections as a sample taken by a doctor.
- Wait if you have moderate or heavy menstrual bleeding. A few days more or less makes no difference.
- Wait at least 4 weeks after the end of a pregnancy before taking the HPV self-sample test.
- Avoid vaginal products for 2 days before taking your HPV self-sample test (e.g. suppositories, creams, douching).
- Contraception and water-based lubricant can be used as normal.
- If you are currently in a follow-up programme for cell changes, you should follow that and not use the HPV self-sample test.
- If you have symptoms, contact your doctor instead of using the HPV self-sample test.
- The sample is stable during normal postal transport, whether it is cold or warm.
- You will receive your result via digital mail and at **www.sundhed.dk** within 10 days of us receiving your HPV self-sample test.

Frequently asked questions

Does it hurt to take the sample?

Using an HPV self-sample test varies from person to person. Some people may feel slight discomfort.

I have been vaccinated against HPV – do I still need to be screened?

Yes. The vaccine does not cover all types of HPV, so you should still take part in screening.

Can I use the test if I drop the swab or it is damaged or expired?

No. Contact us on phone 20 31 24 64 and we will send you a new one free of charge.

How do you know the sample is mine?

The self-sample test is digitally linked to your CPR number (Danish civil registration number). This is how we know the sample is yours when we receive it at the laboratory. You do not need to provide any additional information.

Can everyone use the self-sample test?

Yes, everyone with a cervix should take part in screening – including if you are transgender or identify as non-binary.

When your sample has been examined

If your HPV self-sample test is negative for HPV virus

You do not need to do anything further. When you test negative for HPV virus, you will automatically receive a new invitation in 5 years for your next screening round. If you are over 60 years old, you have now completed the screening programme.

If your HPV self-sample test is positive for HPV virus

The next step is with your own doctor: within 3 months you must have a cell sample taken to check for cell changes. You must book this appointment yourself. An HPV infection is very common, and most infections go away on their own.

> **Remember**
>
> - If you experience symptoms from your abdomen or pelvis, you should always see your own doctor, regardless of when you were last screened.

The table below shows what your test result can say, and what you should do.

What does the test result say	What does it mean	What happens next
HPV not detected	No HPV was found in your sample	You will automatically be referred to the next screening round and receive an invitation when your screening is due
HPV detected	HPV was found in your sample	You are recommended to attend your general practitioner for a cervical sample within 3 months. Your general practitioner has received a copy of the test result
The sample could not be assessed	Your sample could not be analysed. This is typically because a technical error occurred with our equipment	We will automatically send you a new HPV self-sample test kit

Data protection and contact

The sample is only analysed for HPV, and your information is treated confidentially. If the self-sample test is positive for HPV, your doctor receives a copy of the result so that you and your doctor can arrange follow-up. If the self-sample test is negative for HPV, only you receive the result, via digital mail.

Contact

Do you have questions, or do you need a new swab? Contact the Department of Pathology at Hvidovre Hospital.

Phone	**Email**	**Opening hours**
20 31 24 64	hvh-mpl@regionh.dk	Weekdays 08:00-15:00