

# Cervical Cancer Screening FAQs



---

## If I do not meet the criteria for the cervical cancer screening programme, can I still participate in other screening programmes?

Yes, even if you do not meet the eligibility criteria for cervical cancer screening, you may still participate in other screening programmes, such as the CVD risk factor, colorectal cancer or breast cancer screening programmes, provided that you meet their eligibility requirements.

---

## What is the primary screening method for cervical cancer?

The primary screening method for cervical cancer is now the Human Papillomavirus (HPV) test. This test detects HPV infections that can lead to cervical cancer and is more effective in identifying those at risk compared to the Pap Test. However, clinicians may perform co-testing (both HPV and Pap Test) if it is clinically indicated.

---

## How is the HPV test done?

The HPV test is primarily done through a **self-sampling method**. You will use a swab to collect a sample from your vagina. This method is private, convenient, and easy to perform.

However, HPV testing can also be conducted by a healthcare professional, especially if co-testing (HPV and Pap Test) is clinically indicated.

The collected sample is sent to a laboratory to check for the presence of HPV.

## What to expect during a self-sampling HPV test?

The self-sampling process is easy, quick and generally not painful.

- You will be provided with 1 self-sampling test kit instruction, 1 biohazard bag sample and 1 sterile self-collection swab.

Collection of sample:

- Carefully insert the sterile swab into the vagina while rotating it in one direction until you feel firm resistance.
  - Then slowly rotate the swab 3 to 5 times in the same direction.
  - Take the swab out and put it back into the tube and bag provided.
  - Place the sample bag in the place provided which will be sent to the laboratory for further analysis
- 

## Do I need to prepare for the HPV test?

Preparation before self-sampling:

- Sample should be taken when you are at least 5 days post-menstruation.
  - Avoid sexual intercourse for 48 hours prior to the test.
  - Avoid using water jet into the vagina.
  - Avoid using cream or intravaginal drugs 48 hours before self-sampling.
  - Avoid having a bath 48 hours before self-sampling.
- 

## Are there any risks associated with the HPV test?

The HPV test is generally a safe procedure with minimal risk.

No screening test is 100% accurate. A false negative result may occur, meaning the test does not detect an existing HPV infection. Regular screenings every five years are essential for early detection of HPV infections if they are present.

## How do I get the results of my BruHealth HPV test?

Your result will be available in the app within 2-4 weeks after screening.

- If your HPV result is negative, you will be invited for re-screening in 5 years
- If your HPV result is positive, you will be given a follow-up appointment for further tests