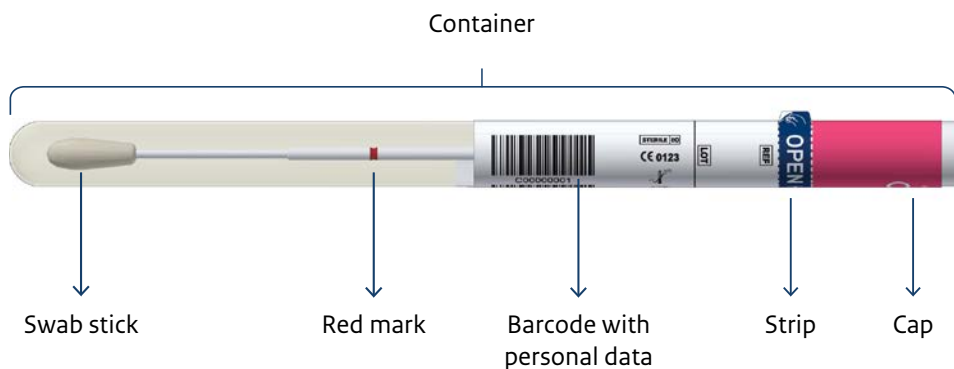


bevolkingsonderzoek

Instructions for using the *self-sampling device*

- The self-sampling device is a reliable way to collect cells from your vagina to be tested for HPV. This is the virus than can cause cervical cancer.
- The self-sampling device has been designed to be easy to use. These instructions will help you with this.
- Read the instructions before you begin. You can also watch an instruction video at www.bevolkingsonderzoekbaarmoederhalskanker.nl/vertalingen



There are a few things you should know in advance

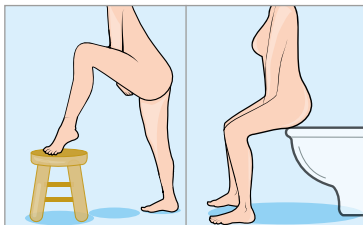
- The self-sampling device is for personal use only. The barcode label is linked to your personal data.
- The self-sampling device comes in sterile packaging. Do not take the swab stick out of the container until immediately before use and take care not to touch the tip.
- Do not use during menstruation or in case of abnormal bleeding or pelvic pain.
- Do not use while pregnant or during the 6 weeks after giving birth.
- Are you being treated by a gynaecologist? Contact your doctor about using the self-sampling device.
- You can only use the self-sampling device once. Reusing it may lead to contamination or an incorrect result.

If you have a question about using the self-sampling device that is not answered in the instructions, please contact the Centre for Population Screening at www.bevolkingsonderzoeknederland.nl/en.

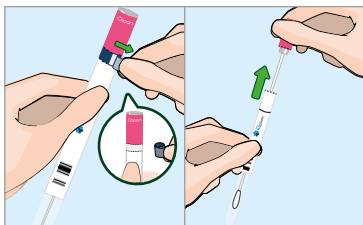
How to use the self-sampling device



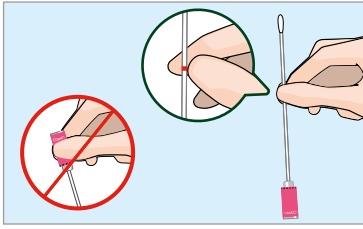
- 1** Wash your hands with soap and dry them.



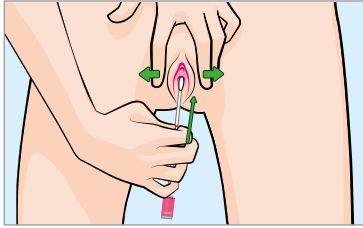
- 2** Assume a comfortable position, for example like when inserting a tampon. You can use the self-sampling device seated, standing up or lying down.



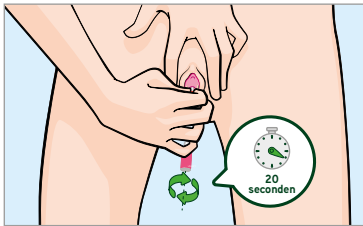
- 3** Hold the container with one hand and use the other hand to remove the blue strip. Unscrew the cap and pull it off the container. Keep the container. You will need it later.



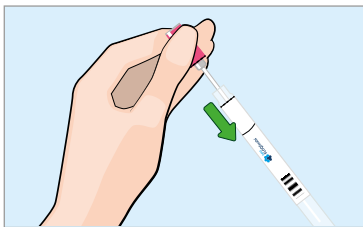
- 4 Hold the swab stick with two fingers by placing them on the **red** mark.



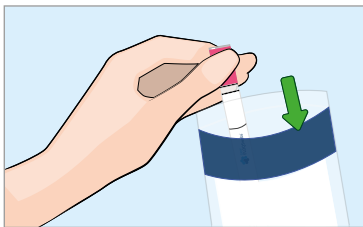
- 5 Spread your labia with one hand. Use the other hand to insert the swab stick until your fingers touch your vagina. This is far enough to take a good sample.



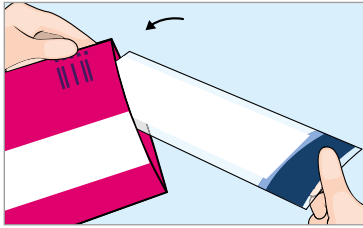
- 6 Rotate the swab stick inside your vagina for 20 seconds. The swab stick does not need to touch the vagina walls or cervix. After rotating for 20 seconds, there is sufficient material on the swab stick.



- 7 Remove the swab stick from your vagina, taking care not to touch the tip with your hands. Put the swab stick back inside the container. Push the cap onto the container until you feel it click.



- 8 Put the closed container in the plastic holder. The holder is in the transparent plastic bag with a blue edge. The white absorption cloth must remain in the plastic bag. Seal the bag properly.



- 9 Put the bag with the container in the return envelope.



- 10 Return the self-sampling device in the return envelope within one week. In the meantime, you can keep it at room temperature at home. It does not need to be refrigerated. You do not need a stamp.

Would you like more information?

Go to our website
www.bevolkingsonderzoekbaarmoederhalskanker.nl
or scan the QR code. You can also watch an instruction video about the self-sampling device here.



The FLOQSwabs self-sampling device was developed by Copan.



Manufacturer of the self-sampling device:
Copan Italia SpA
Via Perotti, 10
25125 Brescia - Italy
Manufacturer of REF 5Eo89N.NL

CE 0123

STERILEEO

Information in other languages

U kunt deze informatie lezen in het Engels / Turks / Arabisch / Oekraïens / Russisch op:

Bu bilgiyi Türkçe olarak şu internet sitesinde okuyabilirsiniz:

يمكنكم قراءة هذه المعلومات باللغة العربية على الموقع:

Ви можете прочитати цю інформацію українською на веб-сайті:

Вы можете прочитать эту информацию на русском языке на веб-сайте:



www.bevolkingsonderzoekbaarmoederhalskanker.nl/vertalingen