

Steps of counselling a woman to provide self-collected vaginal samples for HPV test

1	Counsel and obtain consent
	Greet the woman respectfully and introduce yourself
	Provide general information on prevention and early detection of cancer
	Explain importance of cervical screening and how HPV test can help
	Explain how the test is done
	Provide information on what a positive test result means, and explain the necessity of further investigation and/or treatment if the test result is positive
	Discuss the available methods of treatment, the procedures, and the expected side-effects
	Respond to the woman's questions, and address her concerns
	Obtain consent for examination
2	Obtain relevant history and fill out the screening form and the lab requisition form
	Personal information
	Menstrual history (Exclude pregnancy. If in doubt, perform a pregnancy test for confirmation)
	Obstetric history
	Past medical history
	Previous history of cervical cancer screening, if any
	Symptoms such as persistent foul-smelling vaginal discharge, postcoital vaginal bleeding, postmenopausal vaginal bleeding, irregular menstrual bleeding
	Previous treatment or other procedures on cervix; exclude hysterectomy
3	Steps for HPV self-sample collection
	Whenever possible, use a flipchart with visuals or a teaching video to demonstrate the steps of HPV self-sample collection
	Instruct the woman to wash her hands with soap and water
	Show her how to open the packet of the HPV sample collection kit and keep it on a side table or other flat surface. Tell her not to touch the sampling device (either a brush or a swab) at the end containing the bristles or the swab. This end should not touch the surface of the table or ground also
	Inform that correct position is important for self-sample collection
	Advise the woman to collect sample in either of the following two positions in the privacy of her room or toilet <ul style="list-style-type: none"> • Standing position with her left leg raised and supported on a bed or a chair or commode seat • Lying down on her back with legs folded at the knee
	She should gently open the lid of the sample collection bottle and keep the open bottle and the lid on a table or other flat surface. She should not touch the inside of the lid
	She should undress from waist down and remove her underwear before collecting the sample
	She should hold the brush at its end in her right hand and open the skin folds at the entrance of her vagina (the labia) with her left hand (the opposite for left-handed women)
	She should insert the brush or the swab in the vagina gently until some resistance is felt. The brush or swab should be inserted at least up to half of its length or up to the mark (if shown)
	Once inserted up to adequate length, she should rotate the brush or the swab for about 5 to 6

	times. Tell her that it will not hurt
	She should then gently remove the brush or the swab from vagina and put the bristles/swab end in the sample collection bottle till the end (bottom of the bottle) while holding the bottle with the other hand
	Ask her to rinse the swab or the bristles gently in the fluid contained in the bottle. She should put a gentle pressure to snap the brush near the handle. The end containing the bristles or swab should be left inside the bottle
	She should then cap the lid of the bottle tightly
	Ask her to throw the broken end of the brush in the dustbin
	Tell the woman to follow the instructions given by the clinic for attaching the label with identifiers on the bottle and returning the bottle to the lab or to the clinic (as appropriate)
	Arrange for specimen transfer to the laboratory (when the sample is delivered to the clinic) as per instructions of the counsellor/ provider
4	Information about HPV test report
	Inform the woman when (day/time) and from where to collect the test report or if the report will be delivered to her by post or by other means (email, website etc.)
	Provide the details of the clinic/person to be contacted if the test report is positive

****Please note that the laboratory providing the sampling device may include an instruction in the package. These instructions may be different from the ones listed above. Go through the instructions yourself and counsel the woman accordingly**