

Supplementary Material File S2.

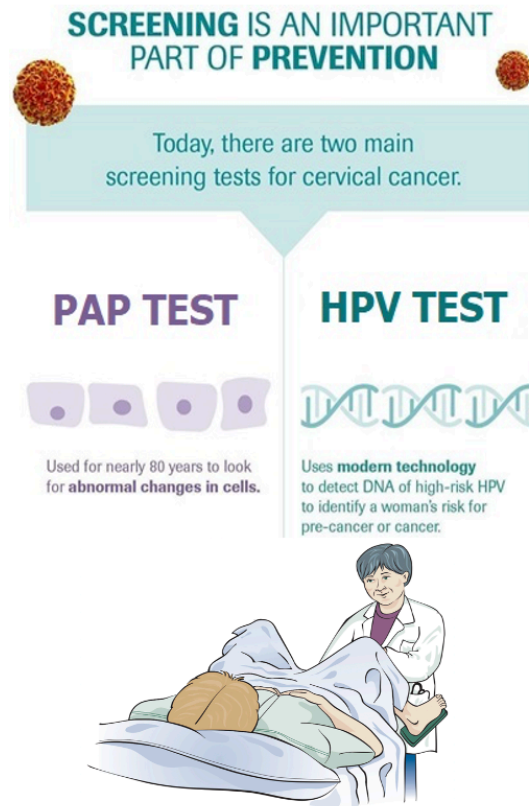
Informative Statements

Please carefully read the following information about HPV testing:

Human papillomavirus (HPV) is the most common sexually transmitted infection. Almost all cervical cancers are caused by HPV. Cervical cancer is a highly preventable disease.

The Pap Test

- Cervical cells are looked at in the lab under a microscope to check for abnormal cells
- Currently used for routine cervical cancer screening in Canada
 - Every 2 or 3 years (starting at age 21 or 25, continuing until 65 or 70 depending on the province/territory in which you live)



The HPV Test

- Uses specialized technology to look for the presence of HPV DNA
- **Not yet used** for routine cervical cancer screening in Canada
 - Public health authorities are in the process of developing programs to introduce it
- Research shows that if HPV DNA is not found, women are at very low risk for cervical cancer and do not need to screen for cervical cancer as often as with the Pap test (e.g., every 5 years)

For both tests, the procedure to collect the cell sample is the same (see picture above)

Please carefully read the following information about HPV self-sampling:

The HPV test detects the presence of HPV DNA in cervical cells. The collection of the cells for the HPV test can be done by your healthcare professional.

The collection of the cells can also be done by you in privacy. This is called **HPV self-sampling**, where you insert a thin swab into the vagina to collect cervical cells using a kit approved by Health Canada. The sample is then sent to a laboratory for analysis. The results are then returned to your clinic/healthcare provider, who will communicate with you. HPV self-sampling is **not yet used** but is being considered for routine cervical cancer screening in Canada. See the figure containing a description of HPV self-sampling in four steps.





How to perform HPV Self-Sampling			
			
Step 1 <ul style="list-style-type: none">• Lower your underwear• Twist the red cap and pull out the swab• Look at the swab and note the red mark closest to the soft tip	Step 2 <ul style="list-style-type: none">• Get in a comfortable position• Insert the swab into your vagina, aiming to insert up to the red mark	Step 3 <ul style="list-style-type: none">• Rotate the swab gently 1-3 times• Then remove the swab	Step 4 <ul style="list-style-type: none">• Place the swab back in the tube• Return your sample as directed (either to your healthcare provider or by mail)

Image adapted from The Royal Australian College of General Practitioners