

Your HPV Self-Collection Test

A test you can do yourself

IMPORTANT

This is an HPV test. It is not a Pap smear.

WHAT IS THIS TEST

It checks for HPV

- HPV is a virus. Some types of HPV can cause cancer of the cervix.
- The cervix is the lower part of the womb.
- This test checks for HPV. It does not check for cancer.

HOW IS THIS DIFFERENT FROM A PAP

No speculum. No exam table.

- A Pap smear checks cells from the cervix. A doctor uses a tool called a speculum.
- This test does not use a speculum.
- You stay in your own clothes. You collect the sample yourself.

HOW IT WORKS

Five simple steps

- The nurse will give you a swab.
- You go to a private spot, like the bathroom.
- You put the swab in your vagina. Twist it for about 20 seconds.
- Put the swab into the tube the nurse gave you.
- Hand the tube back to the nurse. You are done.

WHAT HAPPENS AFTER

Getting your result

- The lab will check your sample.
- Your clinic will call or message you with the result.
- Most people get a result in one to two weeks.

ASK YOUR CLINIC

Questions you can ask

- When will I get my result?
- How will you tell me my result?
- What if the test finds HPV?

SOURCES & EVIDENCE

Information current as of May 2026

- U.S. Food and Drug Administration. FDA Roundup: May 17, 2024 (HPV self-collection approval). [fda.gov](https://www.fda.gov).
- American Cancer Society. Statement on FDA Approval of HPV Self-Collection for Cervical Cancer Screening. [cancer.org](https://www.cancer.org), 2024.
- ASCCP. Self-collected vaginal specimens for HPV testing: Recommendations from the Enduring Consensus Cervical Cancer Screening and Management Guidelines Committee. Journal of Lower Genital Tract Disease, February 2025.
- American Cancer Society. Cervical Cancer Screening Guidelines. [cancer.org](https://www.cancer.org), 2020 (current as of 2026).