

Your HPV Test Result

What it means and what comes next

MOST IMPORTANT TO KNOW

A positive HPV test does not mean you have cancer.

IF YOUR RESULT IS NEGATIVE

Good news.

- Negative means the test did not find HPV.
- You will follow your normal screening plan.
- Your clinic will tell you when to test again.

IF YOUR RESULT IS POSITIVE

Take a breath. This is not cancer.

- Positive means the test found HPV. It does not mean you have cancer.
- Many people have HPV at some point in their life.
- Most of the time, the body clears HPV on its own.

WHAT COMES NEXT

More follow-up may be needed

- Your clinic may want a closer look.
- They may do a test called a colposcopy. This is a close look at the cervix.
- They may take a tiny sample of cells. This is called a biopsy.

WHY FOLLOW-UP MATTERS

Finding changes early gives you options

- Most HPV does not turn into cancer.
- But if HPV stays for a long time, it can change cells in the cervix.
- Catching changes early means more time to act.

YOU ARE NOT ALONE

Your care team is with you

- Ask any question. There is no bad question.
- Bring a friend or family member if that helps.
- Write your questions down before the visit.

SOURCES & EVIDENCE

Information current as of May 2026

- Centers for Disease Control and Prevention. About HPV. [cdc.gov](https://www.cdc.gov), 2024.
- ASCCP. 2019 ASCCP Risk-Based Management Consensus Guidelines for Abnormal Cervical Cancer Screening Tests and Cancer Precursors. Journal of Lower Genital Tract Disease, 2020 (updated 2025).
- American Cancer Society. HPV and HPV Testing. [cancer.org](https://www.cancer.org), 2024.
- National Cancer Institute. HPV and Cancer. [cancer.gov](https://www.cancer.gov), 2024.