

WHAT DOES A POSITIVE SCREEN MEAN?



- Over 80% of people will become infected with the HPV during their lifetime. Think of it like a common cold!
- A positive HPV (human papilloma virus) test does not mean that you have cancer.
- Like a cold, the immune system usually clears the virus but a persistent infection can lead to cancer over time.



**BC
CAN
CER**



WHAT HAPPENS NEXT?



- Depending on the type of HPV that you test positive for (some are higher risk than others) your healthcare provider may recommend a pap test or colposcopy.



**SCAN TO
LEARN
MORE
ABOUT
CERVICAL
SCREENING**

SELF SCREENING NEXT STEPS

CERVIXCHECK
cervical cancer screening at home

GET IN TOUCH!

1-888-300-3088 ext 5635
cervixcheck@bccancer.bc.ca

**AT HOME
HUMAN PAPILLOMAVIRUS
(HPV) - BASED CERVIX
SCREENING**



MÉTIS NATION
BRITISH COLUMBIA



PAP TEST

During a pap test your health provider will use a speculum to take a close look at your cervix and then take a small sample of cells from it using a small brush or spatula. These cells are then looked at under a microscope. Results are usually back in 4-6 weeks. Based on the results of your pap test you may be referred to colposcopy or need to repeat your pap test in 1 year.



SCAN FOR MORE INFORMATION ABOUT PAP TESTS

COLPOSCOPY

During colposcopy, your healthcare provider will also use a speculum and a microscope to look directly at your cervix. They will be looking for irregular areas (like a mole or scar might look on your skin). If an area like this is seen, they will take a small biopsy of this area. Results are usually back in 2-4 weeks. Based on your results you may be required to come back to colposcopy again for monitoring or further treatment.



SCAN FOR MORE INFORMATION ABOUT COLPOSCOPY

IF YOU CAN DO SELF SWABS WHY DO I STILL NEED A PHYSICAL EXAM?

The self swabs are a screening test. They don't tell you if you have cancer but help to identify people who would benefit from further testing. Doing a pap test or going to colposcopy is the only way to know for sure if the HPV virus is causing any cell changes that would lead to cancer over time. Colposcopy is also a way to treat any of these pre-cancerous changes.

HEARING THE NEWS THAT YOU NEED AN IN-PERSON PELVIC EXAM CAN CAUSE FEELINGS OF:

- Fear
- Anger
- A loss of control
- Mistrust towards the medical system
- Fear considering this country's history of forced sterilization of Indigenous Peoples
- Worry about leaving your community if you are someone who has to travel for this exam
- Fear of triggering past traumatic events that may have happened to you and/or your loved ones

WHAT CAN YOU DO TO PREPARE FOR YOUR EXAM?

- Talk with a trusted family member.
- Ask someone to come to the exam with you if this will make you feel more comfortable.
- Work with community health reps to help book appointments and travel.
- Talk to your community health reps about any questions or worries that you may have.

DURING YOUR EXAM, IT IS OKAY TO:

- Ask to stop, slow down, take a break or reschedule.
- Ask to spend more time on introductions and explanations.
- Ask questions.
- Only if it is helpful and you feel safe to do so, it is ok to share any past trauma with your provider.
- Tell your providers about your fears and worries.

