

# HPV self-sampling: This is how it will happen



*In 2025, the Wellbeing Services Counties of Pirkanmaa, Kanta-Häme, Central Finland, Ostrobothnia and Päijät-Häme will conduct a study on HPV self-sampling with voluntary participants. In this study, the participants will collect a sample by themselves at home, if they do not want to visit a laboratory for traditional screening.*

*The study\* will be performed by the Wellbeing Services Counties of Pirkanmaa, Kanta-Häme, Central Finland, Ostrobothnia and Päijät-Häme, as well as Tampere University and Fimlab.*

***If you live in Pirkanmaa, Kanta-Häme, Central Finland, Ostrobothnia and Päijät-Häme, belong to the age group that will be screened in 2025 and have received a reminder invitation from Fimlab for cervical cancer screening, you can order a self-sampling kit.***



**You can order Fimlab's self-sampling kit directly to your home through the link in the reminder invitation letter.**

**The kit will contain a sampling swab, detailed instructions, preliminary information form and return envelope.**

*\*You will participate in the HPV self-sampling study by ordering the self-sampling kit. Please fill out the short questionnaire on self-sampling, too.*



**You can collect the sample at home at your own leisure.**

**Collecting the sample is easy, safe and reliable.**

**The sample should be collected within 3 weeks after receiving the kit.**



**Put the sample and the preliminary information form into the return envelope and mail the envelope to Fimlab within 24 hours after collecting the sample.**



**Fimlab will examine your sample for the high-risk HPV.**

**The test result and possible instructions for follow-up measures will be mailed to your home in 2 months.**

*Your reply letter will also contain a link to a short questionnaire on how well the self-sampling worked, whether the instructions were clear, and any experiences related to the participation.*