

Self Collect Checklist

Cervical Screening



You're aged 25–74



You want a less invasive or more private option



You've ever had any kind of sexual contact



You've never screened before or are overdue



Not experiencing pain, bleeding or discharge



You have a cervix

Still unsure? Speak with your GP, nurse, or local sexual health clinic – we're here to help. Cervical screening saves lives. Self-collect puts the power in your hands – literally

