

NATIONAL
CERVICAL SCREENING
PROGRAM

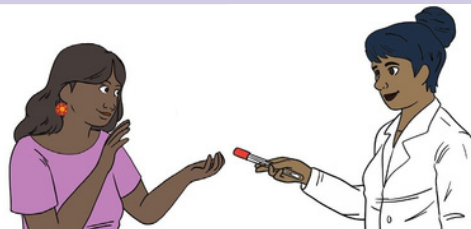
A joint Australian, State and Territory Government Program

Cervical Screening Test

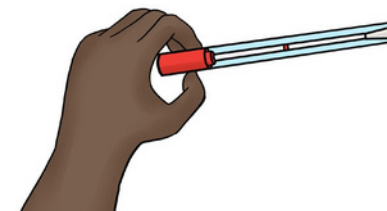
Nyarrparlu test-i-mani-injaku

5 Year puru yangka yearly Cervical Screening Test-ji free-ki kajingki-li nyanyi AMS-rla marda ACCHO-rla manu nyampurluju kaji kangku save-i mani life nyuntu nyangu.

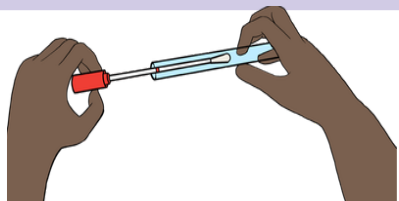
Instructions nyampurrarlu-ju kangku milki yirrarni nyarrpa-rlu yungunpa nyanu jalpi ngki swab kurlurlu test-i mani yangka cervical cancer kujaku manu yungunpa tarnnga wankaru nyina pirjirdi nyuntuku manu nyuntu nyangu warlaja-ku.



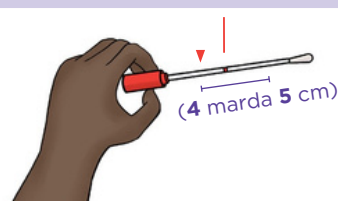
1. Nyuntu nyangu doctor-rlu manu jijangku kapungku pala yinyi self swab manu private space test-kiji. Kapungku ngarrirni nyarrparlu yungunpa nyanu test i mani manu kapungku kutu karrimi nyuntu kurlu kajinpa wangkami help-ki.



2. Tube yangka open maninjaku-ngarnti, nyangka wiya swab kanunju. jinta kariji mardaninjaku (marda yalyu-yalyu) jinta kariji ngulaju test nyuntu nyangu maninjaku.



3. Lakarn-pungka cap manu swab wilypi manta tube jangka. nati marnpika end part kuja ka yukami warri-warri kirra.



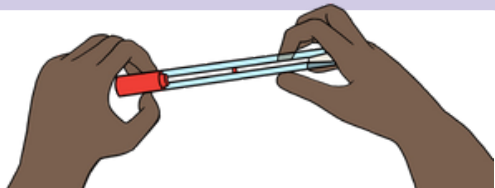
4. Swab-i-rli marda kapu mardani line marda mark milki yirrarni-njaku nyarrpara kanjayi-kirra kuja yukaja.



Yirrpika swab nyuntu nyangu warri-warri kirra, ngari witaku centimetres-kuju. nati-lpanpa yirrpika-karrarla kanunju cervix kirra nyayirni.



5. Pulya-ngku nyanu marnpika warru circles rla 10 to 30 seconds-ki.



6. Wilypi manta swab warri-warri jangka, yirraaka pinalku tube-rla manu jatimapi manta.



7. Yukayalku jurnarrpa-rla manu yungkarla nyuntu nyangu doctor manu jija-ku. ngungkurr-nyinaya jana nyuntu nyangu results maninjaku.

Mardanpa miss-i manu questions watiji mardanpa mistake ngurrju manu kuja kuju wangkayarla nyuntu nyangu doctor-ku manu jija-ku.

Maya pina jarrinjaku cervical screening kirli:

- Nyangka:

health.gov.au/NCSF-First-Nations

- Ring-i manta jana: **1800 627 701**

Questions yangka payirninja-ku cervical screening kirli



Niyaku Cervical Screening Test-ji?

Test-ngkiji karla nyanyi HPV-ki, nyampuju common virus nganta manu cause panuku cervical cancers watiki.

HPV-ji kaji ka nguna nyuntu nyangu palka-ngka tarnga-nyayirni, kaji kanpa mardani HPV-ji kali nyanu jinta kurlurlu year kari year kari, manu marda kanpa lawalku nyina kura-ku ngampurpa wangulku.

Cervical Screening Test-rlji kaji ka palka mani HPV-ji kapanku-rlu yangka cancer kuja-kulku.

Ngana-ngku yungulpa mantarla cervical screening?



Karnta manu yapa yangka cervix kirlirli age rli 25 jangkarlu 74 kurrarlu, yangka kura jangka ngulangkuju-lpalu mantarla Cervical Screening Test every 5 years.



Self swab test-i-ji private mayi? Kala kajirna wangkami help-i-ki?

Yuwayi. self swab test-i-ji private kaji kanpa nyanu test-i-mani bathroom-rla manu purdangirli curtain-rla.

Payika kutu nyuntu nyangu healthcare worker help-i-kiji.

Self swab-ju ngurru mayi pain wangu?



Self swab test-rlji ka use-i mani wita kurrirdi swab kuja kapulu yirrpini nyuntu nyangu warri-warri kirra 4 marda 5 cm, ngalya kari kalu wangkami ngurru nganta comfortable option.

Kajinpa nyanu murru-murru purdanyanyi ngarrika nyuntu nyangu healthcare worker.



Self swab test-i-ji junga mayi?

Yuwayi. Self swab test-i-ji safe manu junga yangka healthcare warrkinirli kuja kangku mani piyarlu manu palka mani HPV.

Nyangirr jirri arni alaparra test ajjinyi HPV jangu palyalparti?



HPV tarngaju nati kalu palka mani, kapunpa nyuntu pina-yani nyuntu nyangu next Cervical Screening Test-i-ki 5 years jangka.

Kajingkili palka mani HPV self swab test-i jangka, ngulaju nyuntuju:

- Yantarni pina sample-ku nyuntu nyangu cervix jangka-ku, marda
- Yani kaji kanpa specialist kirra test-ki.

Kajinpa symptoms mani Cervical Screening Test ki kamparru juku ngarrika nyuntu nyangu healthcare worker kapankurlu.

Symptoms watiji ngulaju yangka kajinpa yalyu karlimi kura jangka, manu period puru-rlangu manu menopause jangka rlangu.



Test-i-ji free mayi?

Kajinpa Cervical Screening Test mardani yapa kurlangu Health service-rla ngulaju free-ki.

Kajinpa test-i-ki ngurra kari kirra, test-i-ju ka cover mani Medicare-rla, kala ngari kaji kangkulu payirni pay maninjaku consultation jangkaku. yangka kajinpa nyanu book-i mani kapungkulu payirni payimaninjaku marda fee ki.

Manu-rna HPV vaccine. Mani jiki mayirna nyampuju test?



Yuwayi. HPV vaccine-i-ji ngarlkinpa-wangu panu-kariki HPV-i-ki kuja ka Cervical Cancer kardu-mani. Kuja jangka kula ka important karri Cervical Screening test-i-maninjaku HPV vaccine jangka-rlangurlu.