

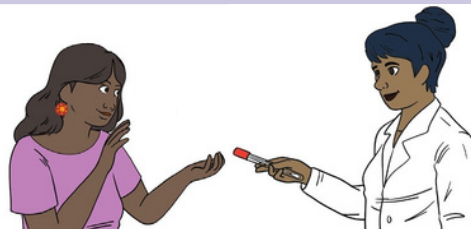
NATIONAL
CERVICAL SCREENING
PROGRAM

A joint Australian, State and Territory Government Program

Cervical-aka Screening-aka Test-a mpaaratjika Nthaakanha untarrpa mpaaratjika

Nhanha 5-yearly nama, Cervical-aka Screening-aka Test-a mpaaratjika nhanha nama free. Aboriginal Medical Service-ka pa Aboriginal Community Controlled Health Organisation-ala, tangkalhelama Itatha ungkwanganha.

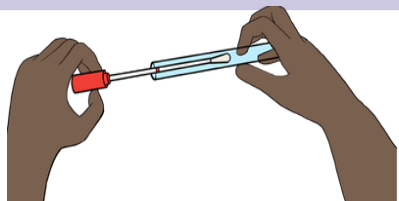
Nhanha instructions-ala ntelama antjanamanga nthaakanha, self-swab test mpaaratjika. Unta parrama cervical cancer-anha, etatha tjinya nyitjinala tjina ungkwanganha ntjaarra-lela.



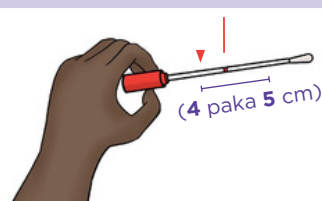
1. Doctor pa nurse ungkwananhala, nganha self-swab nthama pa room ungkwanga wara unta test mpaaratjika. Etna ilama nthaakanha unta test mpaaratjika pa ungkwanga-lela etinya nama, unta paka etnaka antjanamanga tangitjala ungkwanga nitjika.



2. Arrkurla altjura-ilatjinala tube, arrama swab kwaarnala intama, era nama kantja nyinta irrkwanha-irrkwanha (thathaka). Kanha kantja arrpanhala kutjima test ungkwanganha.



3. Ngalha-ilamala cap altjura-ilaya, inamala rrata-ilaya swab tube-anga. Muntja itja swab kantja private ungkwanganha kurnama mpaaratjika.



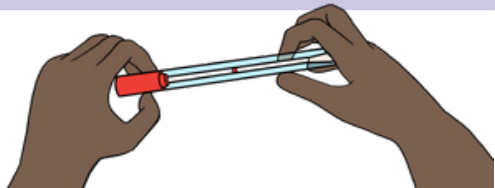
4. Swab line impatjala ntelama nthanha alpula kurnatjika.



Kurnama swab private ungkwanganha-urna centimetres kuka wara. Itja cervix-a-urna



5. Swab muntja ngalha-ilai, circle mpaaramala pa ntha-urna, ntha-urnathaka , 10 to 30 seconds.



6. Swab rrata-ilai private ungkwanganha, swab, tube-aka arrarnamala maranta-ilai.



7. Mantarraka irrpumala tube nthai doctor, nurse paka. Results ungkwanganha inatjaka awa ngkamala.

Unta mparratjika antjanamanga, unta paka itirrama unta pala mistake pmarakalanga, doctor, nurse ungkwanganha ngkama.

Information wuthaka nhanha cervical screening-aka:

- Nhanha arai:

health.gov.au/NCSP-First-Nations

- Ringamilama: **1800 627 701**

Pmarrama cervical screening iperra



**Iwunha nhanha nama
Cervical Screening Test?**

Test nanhala arrama HPV – a very common virus (minta) the cause of most cervical cancers.

HPV minta nhanha kuta nama mparrka ungkwanganha-la, antjanamanga minta HPV inama nua nyinta tnyinakala pa itja nuarta itja purta intamala-lela.

Cervical Screening Test nanhala parrpa irrkuma HPV arrkula-arrkula ntema, era mangkamitja cancer nitjika.

**Swab test nanhama
ilkarta-kunya?**



Swab test nanhama nama, tjuwa, pula, kwaarnatjika 4 to 5 cm private ungkwanganhaka – relha arrpanha ntjaaraka nama marra ngerra.

Unta ilkarta walhamala, ilalhai healthcare worker ungkwanganhaka.

**Unta minta ngerra walhamala
ungkwanganha Cervical
Screening Test arrpanhaka,
ilalhai healthcare worker-ka.**

Unta minta ngerra walhamala, alhua namanga, nuarta intakala iperra, alhua periods mpupa paka menopause-anga ingkarna.

**Ngunhala cervical
screening mpaaratjika?**



Arrkutja pa relha cervix-a namala. nhanha 25 to 74, ngunhala sexual contact mparramala, itnaka nama Cervical Screening Test mpaaratjika kutatha 5 years-anga.

**Self-swab test rraatja
nama?**



Awa. Self-swab test-ala ntarntarama rraatja Healthcare worker inamala test iltarakitja HPV.

Test nanhama nama free?



Unta paka Cervical Screening Test ungkwanganha mparrama. Aboriginal Health Service-aka, era nama free.

Unta paka test ungkwanganha mparrama nhawurnaka, Medicare ungkwanganha paka pay-milama, nhanha nama consultation-aka. Ungkwanga nama pmarratjika nhanga booking pmarramala, thunga nhangaha charge-amelama thunga fee.

**Self-swab test nanhama
private? Yinga paka
untjanamanga
alpnelatjika luwa?**



Awa, unta self-swab test mparrama lawalintja private (thunga bathroom kwarnaka paka or curtain-anga tapinya).

Unta mparrama healthcare worker ungkwanganha, nganha alpamilatjika any time.

**Test nukanhala ntelama,
HPV nuka-ilala nama?**



Kutatha HPV yarna iltarama, antjanamangap aka wathu pitjalpuma ungkwanganha Cervical Screening Test arrpanhaka nhanga 5 years-anga.

Thunga HPV iltarama ungkwanganha self-swab test-aka, unta thunga paka:

- wathu pitjalpuma ungkwanganha cervix-aka thunga
- ungkwanga specialist-ala test kngarra mparrama.

**Atha inaka HPV vaccine.
Atha test nanhama
mparrama?**



Awa. HPV vaccine-ala itja kultama minta nhanha HPV, nanhala cervical cancer nthama. Lakanhanga ntama kutatha Cervical Screening Tests mpaaratjika, unta paka HPV vaccine inakala iperra.