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## DIY cervical cancer screening

February 19, 2014



We know that cervical cancer is highly preventable ... if detected early. But you're busy, and time goes by. The web-based service, the UDo HPV Test (for women over 29), makes it easier for you. This is covered by medical aid, scheme dependent.

### Here's how it works:

1. Register on [www.UDoTest.com](http://www.UDoTest.com) – a secure, private site. Order the test, choose delivery and collection method (courier or post), pay by credit or EFT. (R 699 for the test; + R50 to post, you pay for the return post + R180 for delivery and collection).
2. The test arrives in a discreet box.
3. Read the instructions, then take your own sample: insert the long earbud supplied into the vagina, as high as you can. You'll feel practically nothing at all. Swirl it to collect as many cells as possible. Remove, break off the end, put it into the test tube containing a preservative fluid.
4. Pack everything back into the box. Couriers pick it up within 24 hours.
5. After 10 days, you receive an e-mail prompting you to log on to your secure profile to see your results.

Image: Ideas magazine



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