

## What is HPV test?

It is a screening test done on women to see if they have high risk HPV infections.

## Who are eligible to do HPV test?

- All women between the ages of 30 to 65 years who should do HPV testing.
- HIV positive women must do HPV testing from 25 year of age.

## When should women come HPV test?

- Any time a woman is not menstruating
- She should not be pregnant.
- She should not be less than six weeks post-delivery/miscarriage.
- Sample can be collected by health workers or by women themselves (self-sampling).

## How often should women get a HPV test?

- For all HPV negative test result, repeat after five years.
- For all HPV positives result, follow-up by colposcopy and treatment.
- For all HIV positive women repeat after three years.

## KEY MESSAGES

- All girls should receive complete doses of HPV vaccine before the age 15 years.
- Do NOT forget to collect your screening report.
- Strictly follow the advice of healthcare provider on follow-up and treatment.
- Do NOT lose the screening card.
- Cervical cancer can be prevented, treated and cured.

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# TOWARDS ELIMINATION OF CERVICAL CANCER



**ONE SIMPLE CONVERSATION  
COULD SAVE YOUR LIFE.**

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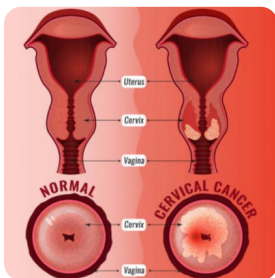
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## What is cervical cancer?

Cervical cancer is a type of cancer that develops in a woman's cervix, which is the mouth of the womb and entrance to the uterus from the vagina. In Bhutan, cervical cancer is the most common type of cancer in women.



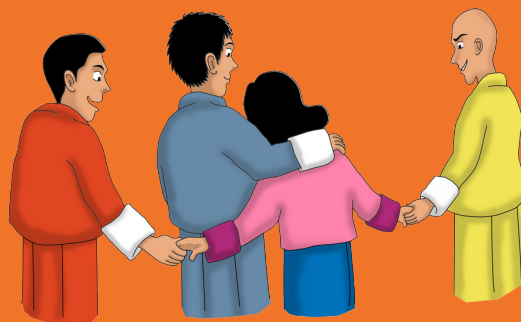
## What is the main cause of cervical cancer?

The main cause of cervical cancer is persistent infection from high-risk human papillomavirus (HPV), which is transmitted through unprotected sexual intercourse.



## What are the cervical cancer screening tests available in Bhutan?

HPV DNA testing with/without liquid-based cytology.



## How can we prevent cervical cancer?

- Cervical cancer can be prevented through vaccination, screening and avoiding high risk behaviors.
- Vaccination: HPV vaccination (currently given to all class 6 girls)
- Screening: All women between the ages of 30 to 65 years should get HPV test.
- Avoiding high-risk behaviors.

## What are some of the symptoms of cervical cancer?

- Irregular bleeding (e.g. between menstrual cycles or after sexual intercourse)
- Postmenopausal spotting or bleeding.
- Increased vaginal discharge (sometimes foul-smelling).
- Not all women with cervical cancer will show the above symptoms.
- Regular screening is MUST.

## Who are the higher risk of getting cervical cancer?

- Those who have unsafe sex or childbirth at an early age.
- Early childbearing.
- Multiple sexual partners of women or her partners.
- Multiple childbirths
- Smoking
- Not getting regular screening.