

When should you not take a sample yourself?

- if you are pregnant
- if you have given birth within the last six weeks
- if your uterus and cervix have been removed
- if you have had a smear test in the last three years
- if you are on your period. Wait three days after you stopped bleeding. After that, you can take a sample.

Who is organising the trial?

The trial is a collaboration between:

- Antwerp University
- the Centre for Cancer Detection
- Sciensano
- Antwerp University Hospital

What do we do with your data?

When you send your sample together with the participation form, you agree that we will send the results of the trial to you and your GP. To send these results, Antwerp University works with a service provider (Dakla-Pack Clinical Trials) with whom Antwerp University has made the necessary arrangements for the protection of your personal data. If you do not want to take part in the ScreenUrSelf trial, you can always have a smear test taken by your GP or your gynaecologist. Through a smear test, precursors of cervical cancer can also be detected.

We will request the results of any additional tests from your GP and the Belgian Cancer Registry. Residues from your sample will be kept for at least 10 years. Unless they have been used up before. We can keep your data (e.g. sample results) for up to 25 years. We use your data and samples only in the context of the Cervical Cancer Dedection, process evaluation, the ScreenUrSelf trial and related studies where Antwerp University acts as the data controller or is commissioned by its partners.

This trial has been approved by the medical ethics committee of University Hospital Antwerp and Antwerp University [B3002023000026]. In accordance with the Belgian law of 7 May 2004 on experiments on the human person, the sponsor is liable, even without fault, for any damage incurred by the participant or his/her beneficiaries and directly or indirectly related to the trial. Antwerp University is insured for this liability. So if you should suffer any harm as a result of your participation in this trial, it will be compensated according to the Belgian law of 7 May 2004. Antwerp University and CvKO have obtained permission from the Information Security Committee ("IVC") [NR. 23/068] to request your data from the relevant agencies and use it in the context of this trial project. The IVC ensures that any use is made in compliance with applicable privacy regulations. More information on the protection of your personal data can be found here: www.uantwerpen.be/nl/overuantwerpen/organisatie/structuur/faculteiten-departementen-diensten/informatieveilgheid-privacy/privacy/.

Any questions?

- Go to www.ScreenUrSelf.be
- Or email info@bevolkingsonderzoek.be
- Call the free number **0800 60 160** (9-12am and 1-4pm).
- Do you have personal questions? Talk about it with your **GP or gynaecologist**.
- Scan the QR code



You decide whether you want to take part in this trial. Make sure you are properly informed.

You can also read this info in French, English, Turkish, Arabic, Polish, Romanian and Russian at:

Je kan deze info ook lezen in het Nederlands op:

Vous pouvez également lire ces informations en français à l'adresse suivante:

Bilgileri Türkçe olarak şu adresten de okuyabilirsiniz:

على عيوني لجنحة الإلة لغللابة رفوت مر تامرول عمل ادهة" ةي برع ةمر جرت

Z tymi informacjami możesz zapoznać się w języku polskim na stronie:

Puteți citi informațiile și în limba română la adresa:

Эта информация также доступна на русском языке на сайте:

www.ScreenUrSelf.be



ScreenUrSelf

Reduce the risk of cervical cancer

Take a sample yourself

Detection in good time is important



Some women do not want to have a cervical smear taken by a doctor. Are you one of them? Would you like to take a sample at home yourself? This is the subject of the **ScreenUrSelf** trial.



www.ScreenUrSelf.be

| What is HPV?

In Flanders, 350 women get cervical cancer every year. This cancer is caused by a virus: human papillomavirus or HPV.

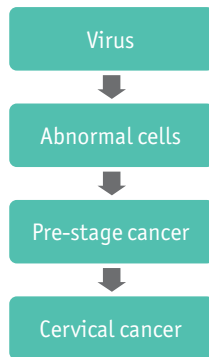
The virus is transmitted through sexual contact and is highly contagious. Most women and men have already been infected with HPV. Maybe you too. Without knowing it. Often, this is not a problem, as your body usually overcomes the virus itself.

| From virus to cervical cancer

But is the infection lingering in your body? If so, it could create **abnormal cells**. That will not mean that you have cancer. Your GP can easily treat those abnormal cells.

What if the number of abnormal cells is growing? And you don't get them treated? If so, they could grow into a **pre-stage of cervical cancer**. That still won't mean that you have cancer. Your GP can help you with simple treatment.

What if you still don't get the pre-stage of cervical cancer treated? If so, the number of abnormal cells will continue to grow. And you could get **cervical cancer**.



| Responding quickly is important

So cervical cancer usually grows very slowly. It may take as long as 10 to 15 years. We can still do a lot before the virus causes cancer. And the sooner we respond, the easier the treatment.

| A smear test

A smear shows if there are any abnormal cells at all. And can detect the virus. Have a smear test taken at your **GP** or your **gynaecologist**. With a swab, the doctor takes cells from the cervix. These go to the lab for testing. This allows us to find the virus and abnormal cells even before they become cancerous.

| A test on a self-administered sample

You can now also create a **sample yourself**. This is new. And just as good. This test shows whether you are infected with the virus.

With the self-sampling kit, you take a sample yourself, when it suits you, and send it to the lab. The lab examines your sample. You and your GP will get the result within three weeks. The self-sampling kit, sending your sample to the lab and the test to detect the virus are all free.

NB
Have you been vaccinated against HPV?
Even so, you should still get tested.

| Test yourself

Why are you being given the equipment to take a sample yourself? Because for the last six years you have **not had a smear test**. Even though it's ok, we do recommend having a test. But it is not mandatory.

Maybe you'd rather do it yourself. This can be done with the material from the self-sampling kit. So you can take a sample yourself and have it examined. But you are not required to do it.

| How do you test yourself?

- Read the instructions first. They will tell you step by step what to do.
- You can also watch a video at www.ScreenUrSelf.be.
- Take the sample when it suits you.
- Fill in the participation form.
- Insert the sample and participation form into the extra envelope. Send it by post. This is free. No need to stick on stamps.

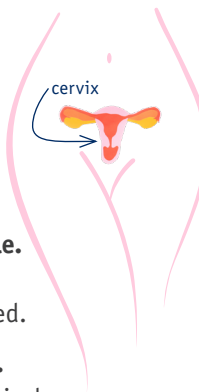
| What happens next?

- The **lab** examines your sample.
- You get the result **within three weeks** by post. Your GP will also be sent the result.
- What if you don't get a result within three weeks of sending the sample? In that case, something has gone wrong. Call our free number **0800 60 160** (9-12am and 1-4pm).

| The result of the test

Two results are possible:

1. **The lab does not find a virus in your sample.**
In 9 out of 10 women, we find no traces of the virus. No further investigation is needed.
2. **The lab does find the virus in your sample.**
That certainly does not mean you have cervical cancer yet. In 1 in 10 women, we find the virus in the sample. Additional investigation is needed. See your GP or gynaecologist yourself. Who will take a swab¹. This allows us to see if the virus has already affected cells. And whether you need treatment.



¹ Has it been more than three years since you had a smear test? If so, you will get a full refund of the cost of the smear test. You will then only pay the co-payment for the appointment with your GP or gynaecologist. Any questions? Contact your health insurer. Is further testing needed after the smear test? If so, your health insurer will cover some of the cost.