

HPV self-sampling: How is it done?



In 2026, the Wellbeing Services Counties of Central Finland, Kanta-Häme, Ostrobothnia, Pirkanmaa, and Päijät-Häme will conduct a study on HPV self-sampling with voluntary participants. The study aims to find out how viable the HPV self-sampling would be as a method for cervical cancer screening. The method is already in use in other Nordic countries and has been proven to be reliable and safe.

You can order a self-sampling kit if

- If you live in Central Finland, Kanta-Häme, Ostrobothnia, Pirkanmaa, or Päijät-Häme, and
- belong to the age group that will be screened in 2026, and
- have received an invitation from Fimlab for cervical cancer screening, and
- you do not want to visit a healthcare facility for traditional screening.



Order a free Fimlab self-sampling kit for home delivery using the link provided in the screening invitation letter.



You can collect the sample at home at your own leisure.



Mail your sample in the return envelope to Fimlab within 24 hours after collecting the sample. Postage is prepaid.



Fimlab will perform a high-risk HPV test on your sample, which is the same as in the traditional screening test.

The kit will contain a sample tube and a sampling stick, detailed instructions, and a return envelope.

*You will participate in the HPV self-sampling study by ordering the self-sampling kit. Please fill out the short questionnaire on self-sampling, too.

Collecting the sample is easy, safe and reliable.

The sample should be collected within one month after receiving the kit.

You will receive the test result and possible instructions for follow-up measures in two months.

Your reply letter will also contain a link to a short questionnaire on how well the self-sampling worked, whether the instructions were clear, and any experiences related to the participation.