

HPV Methylation Self-testing Pilot in Transgender Individuals



Thoroughly wash your hands before taking any samples, and between collecting samples, to prevent contamination. If you would like to watch an instructional video, please scan the QR code to the right.

You should collect the samples in the following order:

1. Oral rinse
2. Urine (in clinic only)
3. Vaginal (if applicable)
4. Anal



**Scan code for
video instructions**

Collecting the Oral Rinse Sample

1. Take the vial labeled Scope® for oral rinse and remove the lid.
2. Put half the of the solution (18 mL) in your mouth.
3. Move the rinse around their mouth for 15 seconds and then to tilt your head back and gargle for 15 seconds. The total procedure should take 30 seconds.
4. After gargling, spit the solution from your mouth into the tube labeled “oral rinse” and cap the vial.
5. Place the sealed oral rinse specimen in the plastic bag provided.
6. Be sure to wash your hands with soap and water (or with an alcohol-based sanitizer) before collecting the next sample.

Collecting the Urine Sample (in clinic only)

You will not collect urine at home.

The Colli-Pee® device has two parts: the housing and the collection tube.

The housing fits on top on the collection tube. The housing fits close to the body to catch the urine. When using the Colli-Pee®, make sure the tip of the housing goes over the toilet(!) as it's where the urine comes out of when the collection tube has been filled with enough urine.

1. Unscrew the green tube cap.
2. Screw the Colli-Pee® device onto the collection tube
3. Collect urine by holding the Colli-Pee® device against your genitals. Make sure you point the tube over the toilet. You may find standing up or sitting down on the toilet works best. Start urinating once the device is in place. The device will automatically collect the correct volume. Any excess urine will flow into the toilet.
4. Disconnect the connector tube from the Colli-Pee® device.
5. Close the tube tightly, with the tube cap.
6. Dispose the Colli-Pee® device (keeping the collection tube with the urine). Place the collection tube in the plastic bag provided.
7. Be sure to wash your hands with soap and water (or with an alcohol-based sanitizer) before collecting the next sample.

Collecting the Vaginal Sample (if applicable)

The first set of instructions are for self-collection with the Evalyn® brush. If you have asked for a Dacron swab instead, please skip to the next section.

Evalyn® Brush Instructions

1. Remove the Evalyn® Brush from the packaging. You may throw the packaging away.
2. Press the sides of the blue cap with your thumb and finger to remove the blue cap from the Evalyn® Brush. Ensure that you do not touch the tip of the Evalyn® Brush with your hands.
3. Assume a comfortable stance. For instance, you can prop your leg on a small stool.
4. Spread the skin covering the vagina with one hand, and with the other, insert the Evalyn® Brush into the vagina until the wings touch the labia.
5. Hold the casing with one hand, and with your other hand, push the blue plunger in the direction of the casing. You will hear and feel a click when the brush is in the right position with the blue plunger directly against the casing.
6. Turn the blue plunger **five** (5) rotations in the same direction. After each rotation, you will hear a click. This helps you count the rotations. After turning the plunger five times, carefully remove the Evalyn® Brush.
7. Hold the transparent casing with one hand, and with your other hand, pull on the blue plunger until the white brush disappears into the casing. When doing so, do not touch the top part of the Evalyn® Brush above the wings.
8. Hold the transparent end to ensure the white brush does not extend again. Place the blue cap back on the Evalyn® Brush using your thumb and index finger. You will hear a click when it is properly in place.
9. Place the Evalyn® Brush using your thumb back in the plastic bag provided.
10. Be sure to wash your hands with soap and water (or with an alcohol-based sanitizer) before collecting the next sample.

Dacron Swab Instructions

1. Remove the Dacron swab, labeled “vaginal swab,” from the packaging without touching the white swab.
2. Assume a comfortable stance. For instance, you can prop your leg on a small stool.
3. Spread the skin covering the vagina with one hand, and with the other, insert the swab into the vagina, about 5 cm.
4. Rotate the swab **five** (5) times in the same direction.
5. Remove the swab.
6. Return the swab to the vial without touching the swab and place the cap firmly on the vial.
7. Place the vial into the plastic bag provided.
8. Be sure to wash your hands with soap and water (or with an alcohol-based sanitizer) before collecting the next sample.

Collecting the Anal Sample

1. Remove the Copan FLOQ® swab from the vial, labeled “anal swab,” without touching the white tip of the swab.
2. Either squat or lift one leg onto a raised surface.
3. Insert the swab about 3-4cm into anus (up to the wings) and gently rotate for about 10 seconds.
4. Remove the swab.
5. Insert the swab back into the vial without touching the swab and place the cap firmly on the vial.
6. Place the vial into the plastic bag provided and seal it.
7. Wash your hands. You are done!

On completion of all samples in the clinic

1. Check the plastic bag provided contains the following: oral rinse, urine, vaginal sample, and anal sample.
2. Seal the plastic bag containing all the samples.
3. Hand the samples to the study staff.
4. **Please remember to fill out the survey to tell us about your experience.** Your feedback is very important as it can help us provide better services to trans people in the future. Thank you for your participation in the Self-TI Study!

On completion of all samples at home (if applicable)

1. Make sure the oral rinse sample cap is tightly closed and the plastic bag you placed it in is tightly sealed. Be sure to write the date you collected the oral sample on the bag’s label before putting it in the mailer.

2. If applicable, the vaginal swab should be capped and placed into the plastic bag provided. Be sure to write the date you collected the vaginal sample on the bag's label before putting it in the mailer. If you used a blue Evalyn® brush, make sure the cap is placed firmly on the brush end of the without the plastic bubble packaging it came in. If you used the Dacron swab, make sure the cap is on tightly before placing it in the mailer.
3. Make sure the anal swab is capped tightly and placed in the plastic bag provided. Be sure to write the date you collected the anal sample on the bag's label before placing it into the mailer.
4. When you are ready to mail your samples, close the mailer. Your mailer has come with paid postage and addressed to the clinic. You may place the mailer in any post box. Once your samples are ready, please mail as soon as possible. If you have any problems using the mailer, please contact the clinic on the email provided.
5. **Please remember to fill out the survey that was emailed to you to tell us about your experience.** Your feedback is very important as it can help us provide better services to trans people in the future.

Thank you for your participation in the Self-TI Study!