

How can you take care of yourself

You can support your health by:

- Attending all follow-up appointments
- Not smoking (smoking makes it harder to clear HPV)
- Eating well and supporting your immune system
- Asking questions — your care team is here to help

Remember:

- HPV is common
- A positive test does **NOT** mean you have cancer or will get cancer.
- Screening and follow-up keep you safe

Early detection of HPV helps us prevent cervical cancer before it starts.

If you have questions, speak with your healthcare provider or clinic staff.



Mawlugutinej

Early Detection Cancer Screening



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"Taking care of your health means taking care of your community"

"Angweiasultinej, na tujiw gisi angotesnu Innue'gati"



Your HPV results

what you need to know



Next steps and follow-up explained simply

You Tested Positive for HPV

What this means and what happens next

Testing positive for Human Papillomavirus (HPV) can feel stressful but we are here to guide you.

This brochure explains HPV, what a positive test means, and the next steps — based on Québec cervical screening guidelines.

What is HPV?

HPV (Human Papillomavirus) is a very common virus.

- Most sexually active adults will have HPV at some point
- There are many types of HPV
- Some types are high risk, meaning they can cause changes in cervical cells over time

HPV is spread through skin-to-skin sexual contact. Most people never know they have it because it usually causes no symptoms.

What does a positive HPV test mean for you

A positive test means:

- HPV was found on your cervix
- It does **NOT** mean you have cancer
- It does **NOT** mean you will get cancer

In most cases, your body will clear HPV on its own in 1-2 years. Our bodies can do incredible things.

HPV screening helps identify people who need closer follow-up, so any changes can be treated early before cancer even develops. In Quebec, HPV testing has replaced the PAP test because we can detect the virus that causes changes before changes occur.

Early detection is key to a successful follow up and treatment, if needed.

What happens next?

1. Cytology Test

- Done automatically when a positive HPV to look for changes in cervical cells
- Results can take up to 8 weeks.

2. Follow-Up Testing

- Most patients are asked to repeat HPV testing in 12 months.
- This may be done for 2-3 consecutive years, it is to check if the virus has cleared.

3. Colposcopy (If Needed)

- A closer exam of the cervix by a specialist
- Only recommended if you have had 3 HPV + test for 3 consecutive years or if certain cell changes are found.

4. Treatment (If Needed)

- Most people do not need treatment right away because our bodies clear the infection before any interventions are needed
- Treatment is usually simple and very effective and is done as an outpatient procedure
- Treatment is performed to PREVENT cancer.