

September 2024
Code HE1912

Te Kāwanatanga
o Aotearoa
New Zealand Government

Te Health New Zealand
Te Whatu Ora

National
Cervical
Screening
Programme



If you change your address, please advise your health provider and the National Cervical Screening Programme.



You have a choice about where to be screened.
Discuss options with your health provider.
For further information call 0800 729 729
or visit [TimeToCervicalScreen.nz](https://www.time tocervicalscreen.nz)



National
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Cervical Screening Reminder Card

[TimeToCervicalScreen.nz](https://www.time tocervicalscreen.nz)

- Regular screening and HPV immunisation are the best protections against cervical cancer.
- Screening is easier than ever – with more choices, including a self-test option.
- Testing is very sensitive and accurate for detecting HPV, the virus that causes most cervical cancers.

Don't put it off – regular cervical screening can save your life!

When am I due for my next test?

Mark on the calendar below when you are next due for a test, or call your health provider or 0800 729 729 if you are unsure.

2025	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2026	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2027	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2028	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2029	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2030	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

My health provider's contact details: