

American Cancer Society January 2026 Newsletter

Keeping you updated on everything happening at the ACS and other cancer resources and topics

Cervical Cancer Awareness Month



Updates ACS Cervical Cancer Screening Guidelines

The American Cancer Society updated its cervical cancer screening guidelines. Key changes include allowing self-collected vaginal samples for HPV testing and new recommendations on when individuals can safely stop screening. The update appears in [CA: A Cancer Journal for Clinicians](#), ACS's flagship publication.

The updated guidelines recommend that women and other individuals with a cervix - including women who have not had their cervix surgically removed, transgender men who retained their cervix, and non-binary people with a cervix - at average risk start screening at age 25 and continue until at least age 65. Test options include:



A primary HPV test (HPV test alone) on a cervical sample collected by a health care provider every 5 years (the preferred option).



A primary HPV test done on a self-collected vaginal sample every 3 years.



A co-test (HPV test combined with a Pap test) every 5 years.



A Pap test alone every 3 years if HPV testing isn't available.

The guidelines also clarify that after age 65, an individual at average risk may choose to stop cervical cancer Screening if they've had:

- HPV testing (collected by a provider) or co-testing (using HPV and Pap tests) every 5 years, and the last 2 were normal.
- Self-collected HPV testing every 3 years, and the last 2 tests were normal.
- Pap tests every 3 years, and the last 3 Pap tests were normal.

Screening Guidelines

Under Age 25

Screening is not recommended.

Cervical cancer is rare before age 25.

Age 25 to 65

Get screened using a primary HPV test (HPV test alone) either:

- On a cervical sample collected by a health care provider every 5 years (preferred) or
- On a self collected vaginal sample every 3 years.

Over Age 65

Talk with your health care provider about stopping screening if you've been getting screened regularly.

People can stop cervical cancer screening at age 65 if their most recent screening tests have been normal. This depends on the type of screening test that was used.

[Download flyer for more information](#)

[Review the updated guidelines](#)

[Watch Self-Collection Webinar Series](#)