



We can protect ourselves against cervical cancer.

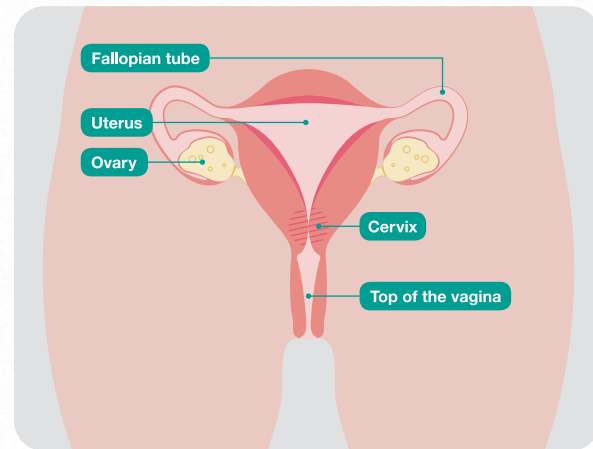
Go for your cervical cancer screening today. Screen for your loved ones, screen for yourself.

For Singapore Citizens enrolled in Healthier SG, you will enjoy special subsidies for your cervical cancer screening. Please check with your enrolled Healthier SG clinic.

healthiersg-screening.gov.sg
1800 223 1313
Kindly note that airtime charges apply for mobile calls to 1800 service lines and calls are free of charge only if made from regular land lines.

What is cervical cancer?

It is cancer of the neck of the womb, called the cervix. It is caused by a long-lasting Human Papillomavirus (HPV) infection.



What is Human Papillomavirus (HPV)?

HPV is a common virus and everyone will get it at some point in time. There are over 100 strains, but only around 14 strains can lead to cervical cancer. It can be spread through skin-to-skin contact during sexual activity.

As HPV is a common virus, our bodies are able to clear the infection on its own. However, high-risk HPV strains may cause a long-lasting infection, which can lead to cervical cancer.

How long does it take for cervical cancer to develop?

Cervical cancer is a slow-progressing condition. It usually takes up to 15 years to develop cervical cancer. This is why regular screening is important because it can be cured when it is detected early.

What are the signs and symptoms of early cervical cancer?

There are usually no signs and symptoms in the early stages of cervical cancer.

Who is at risk of cervical cancer?

All women who have ever had sexual activity are at risk. The risk increases if you:

- Have a condition that leaves you with a weak immune system (e.g. lupus).
- Are Human Immunodeficiency Virus (HIV) positive.

When should I get vaccinated and screened?

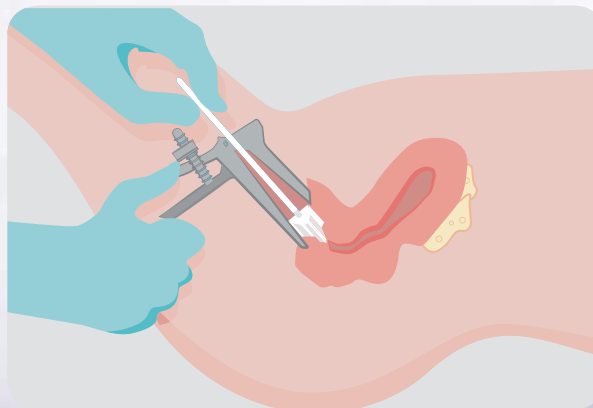
If you are between 9 to 26 years old, go for a HPV vaccination.

Find out more about HPV vaccination at <https://go.gov.sg/hpv-immunisation>

Go for cervical cancer screening if you are above 25 years old and have ever had sexual activity.

What happens during a cervical cancer screening?

- It is a fast and simple procedure, where an instrument will be gently inserted into your vagina.
- A soft brush is then used to collect some cells from your cervix. These cells are sent to a laboratory for testing.



If you are between 25 to 29 years old, your cells will be tested for abnormal changes through a Pap test. At this age, you will be able to clear HPV infections at a faster rate. Thus, you do not need a HPV test.

If you are 30 years or older, your cells will be sent for a HPV test to detect high-risk strains. At this age, a HPV test is more effective in determining your risk of cervical cancer.

Your results will be ready within four weeks after your test. Your doctor will advise if further follow-up is required.

What does my result mean?

25 to 29 years old



If you have:

- 1) a normal Pap test result, your cervical cells are normal. Go for your next cervical cancer screening after three years.
- 2) an abnormal Pap test result, you might have an infection and/or abnormal cervical cells. This does not mean that you have cervical cancer. Your doctor will review the results and advise on your treatment accordingly.

30 years old and above



If you:

- 1) do not have high-risk HPV strains, your risk of developing cervical cancer is low. Go for cervical cancer screening every five years.
- 2) have a very high-risk HPV strain(s), you will be referred to a gynaecologist because your risk of developing cervical cancer is higher. Treatment will be offered if necessary.
- 3) have other high-risk HPV strains, you will be asked by your doctor to return for another HPV test in one year's time.

How do I prepare for my cervical cancer screening?

- Avoid having sexual activity, and using spermicides, vaginal creams, lubricants, vaginal medications or tampons for at least 48 hours before your test.



Charges for cervical cancer screening

Pap test rates



25 to 29 years old

\$15 for Singaporeans at polyclinics
\$22.50 for Permanent Residents at polyclinics
\$2 or \$5 for Singaporeans at CHAS GP clinics

HPV test rates



30 years old and above

\$22.50 for Singaporeans at polyclinics
\$33.75 for Permanent Residents at polyclinics
\$2 or \$5 for Singaporeans at CHAS GP clinics

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For more information on Healthier SG Screening subsidies, please visit healthiersg-screening.gov.sg to check on your eligibility.