



CERVICAL CANCER SCREENING

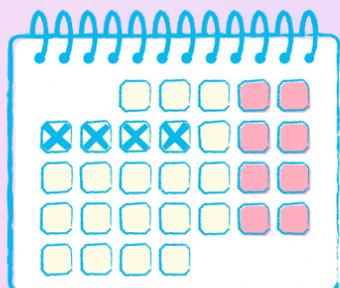


DID YOU KNOW?

Cervical Cancer is the **10th** most common cancer in Singaporean women. It can be effectively treated if detected early.



PREPARATION FOR SCREENING



Cervical Cancer screening can be done when you are not having your menses. Otherwise, please reschedule your appointment.

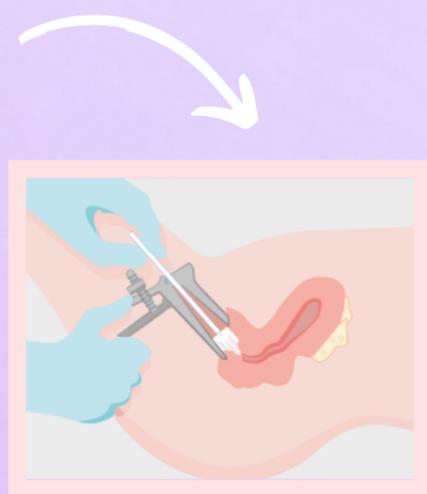
Avoid having sexual activity, and using spermicides, vaginal creams, lubricant, vaginal medications or tampons for **at least 48 hours** before your screening.



WHAT HAPPENS DURING SCREENING?

A fast and simple procedure, where an instrument will be gently inserted into your vagina.

A soft brush is used to collect a sample of cells from your cervix. The sample is then sent to the laboratory for testing.



PREVENTION

Have regular Cervical Cancer screening.

- For 25 - 29 yrs old, Pap Test once every 3 years
- For 30 yrs and above, HPV-DNA Test once every 5 years

HPV vaccination is recommended for all females up to 26 years old.



Please consult a doctor if you experience any of these symptoms:

- Vaginal bleeding after sexual intercourse
- Irregular bleeding between menstrual periods or after menopause
- Foul-smelling vaginal discharge

