

## 什麼是子宮頸抹片檢查？

子宮頸抹片檢查（又稱柏氏抹片檢查）為你的子宮頸細胞作檢驗，查看有沒有異常而有機會演變成癌症的變化。子宮頸癌是全港第五種常見的婦女癌病，佔全港女性癌病死亡個案約 2.4%。

子宮頸抹片檢查程序簡單，只需數分鐘，便能測試有沒有出現子宮頸疾病的徵兆。

明德國際醫院採用柏氏單層細胞塗片檢查，這項測試方法因為準確度高，故比傳統方法更流行。

及早檢查及即時治療能救治你的生命，更可減低患子宮頸癌的機會達 90%。

## 我需要相隔多久進行檢查？

若你已開始了性行為，則需每年進行子宮頸抹片檢驗一次。若你每年的子宮頸抹片結果是正常，隨後則須至少每三年進行檢驗一次。儘使你已停止性行為或已停經，也須定時檢查，直至 65 歲，以策安全。

如果你曾進行子宮切除手術，並不代表你毋須進行測試。任何女性若曾切除子宮，但保留子宮頸，又或曾在以前的盆腔檢查中出現異常的結果，則仍需要定期進行柏氏抹片檢查。

## 我如何為檢查作好準備？

若你能夠做妥以下幾點，我們將取得更佳的細胞樣本化驗。

- 在 48 小時內，避免灌洗陰道或在陰道塗上任何軟膏或避孕藥物；
- 在 24 小時內，避免進行性行為；
- 宜於你上一次經期首天計的第 10 至 20 天內進行。

## 柏氏單層細胞塗片檢查是如何進行？

醫生利用擴張器把陰道張開，以檢查子宮頸。接著，醫生使用小掃從你的子宮頸上輕輕抽取細胞，並放在保存貯血內，送到實驗室測試。實驗室將子宮頸的血液和黏液分隔，並進行檢驗。

謹記放鬆自己，可盡量減低不適。

## 什麼時候我知道結果？

在 4 日內，你將得知測試的結果。若結果出現異常，我們將建議及提示你進行進一步的檢查。

## 我需要 HPV（人類乳頭狀病毒）測試？

子宮頸細胞測試亦可檢驗出 HPV（人類乳頭狀病毒），我們已知 HPV 的若干類型與子宮頸癌有著關連。

## 保障你的身體健康

若你有以下任何徵狀，即時看醫生：

- 非定期或出現異常多的月經；
- 經期與經期之間、進行性交、灌洗陰道及停經後，陰道出現流血。

子宮頸癌可以預防

**子宮頸抹片檢查可救治你的生命**

關切你的健康，請即致電我們預約

歡迎致電預約應診及查詢：

明德醫務中心女士健康普查診所

電話：2849 1500 / 2849 1515

應診時間：星期一至五 上午 8 時至下午 5 時  
星期六 上午 8 時至中午 12 時



MATILDA  
INTERNATIONAL  
HOSPITAL

明德國際醫院

香港山頂加列山道 41 號

總機：2849 0111 網址：www.matilda.org



A PAP SMEAR  
子宮頸抹片檢查

EARLY DETECTION CAN SAVE YOUR LIFE  
預防勝於治療



MATILDA  
INTERNATIONAL  
HOSPITAL

明德國際醫院

## What is a Pap smear?

A Pap smear checks the cells of the cervix for abnormal changes that can become cancerous. Cervical cancer is now the 5th most common female cancer in Hong Kong and accounts for approximately 2.4% of all female cancer deaths in Hong Kong.

A pap smear is a simple procedure that takes only a few minutes to perform. It detects early signs of developing cervical cancer.

Matilda International Hospital uses a test called "Thin Prep Smear" which due to its accuracy, is becoming more popular than the traditional smear.

Early detection and immediate treatment can save lives and gives a 90% reduction in the cumulative incidence of cervical cancer.

## How often do I need a Pap smear?

You should start to have a Pap smear every year once you become sexually active. After an initial normal series of annual Pap smears, it should be repeated every three years until the age of 65 even if you are no longer sexually active or you have passed the menopause.

If you have had a hysterectomy (removal of the uterus), you may still need a yearly Pap smear if the cervix is still intact or if you have had abnormal results with previous pelvic examinations.

## How do you get ready for a Pap smear?

A better cell sample can be obtained if you:

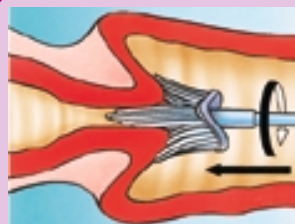
- have not douched or applied any vaginal creams or lubricants 48 hours prior to the pap smear.
- do not have sexual intercourse 24 hours prior to the pap smear.
- are between 10 and 20 days after the first day of your last period.

## How is a Thin Prep Smear done?

The doctor will gently insert an instrument called a speculum into your vagina to expose the cervix for examination. Cells are taken from your cervix using a tiny brush, and sent to the laboratory in a transport preservative. The cervical cells will be separated and tested for any abnormalities.

Remember, the more you relax, the less discomfort you will feel.

### The Thinprep Pap Smear 柏氏單層細胞塗片檢查



Obtain an adequate sampling from the cervix using the Cervex-Brush. 用 Cervex-Brush 從子宮頸適當取樣。



Rinse the broom into the PreservCyt Solution vial. 將長刷在 PreservCyt 液體小瓶中漂洗。

## When will you get the results?

You will receive the results within 4 working days. Should a consultation be required for abnormal smears, we will advise you and remind you of further examinations.

## HPV testing?

The pap smear can be checked for HPV (Human Papilloma Virus). It is known that certain types of HPV are associated with cervical cancer.

## Protect your health

Visit your doctor if you have any of the following symptoms:

- irregular or bleeding between periods
- spotting or bleeding between periods, after sexual intercourse or menopause.

Cancer of the cervix can be prevented  
**The Pap Smear could save your life**  
Call us to book your appointment today

For booking or enquiries, please call our

**Matilda Health Centre WELL-WOMEN CLINIC**

**Tel:** 2849 1500 / 2849 1515

**Opening hours:** 8:00am - 5:00pm Monday ~ Friday  
8:00am - 12:00pm Saturday



明德國際醫院

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