Cervical cancer screenings, at no cost, for foreign domestic workers

Limited screenings available on a first-come, first-served basis

FAQs for helpers

What is the Helping our Helpers programme?
Helping our Helpers is a programme run by the Society for Colposcopy and Cervical Pathology of Singapore which offers cervical cancer screening (at no cost) for foreign domestic workers in Singapore.

Why should I participate in this programme?
Cervical cancer is almost entirely preventable with early detection and treatment.

As busy women, you may tend to overlook your own health. However, by taking care of yourself and participating in programmes such as Helping our Helpers, you can continue to take care of your family.

Cervical cancer is the second most common cancer in women in the Philippines, India, Indonesia and Myanmar.1

What is a cervical cancer screening test?
Screening and early detection is one of the best ways to protect yourself against cervical cancer.

There are two types of screening tests: Pap test and a high-risk human papillomavirus (HPV) test. A Pap test identifies changes that have occurred in the cells of the cervix. However, the high-risk HPV test can indicate whether you are at risk of cervical cancer before anything abnormal shows on a Pap smear.

The high-risk HPV test is more accurate than the Pap test in determining the risk for cervical cancer.2

This programme offers a cervical cancer screening (at no cost) using a high-risk HPV test.

How is the HPV test done?
A HPV test is a simple test that is done in the same way as a Pap smear.

Will the test hurt?
A HPV test only takes a few minutes. It should not hurt, but you might feel some discomfort or pressure when your doctor or nurse opens the speculum inside you.

What does a negative HPV test result mean?
A negative HPV test result means that your risk for cervical cancer over the next 5 years is low. By testing and knowing the result, you are able to take measures and reduce your risk of developing cervical cancer.

What does a positive HPV test result mean?
It is important to understand that testing positive for HPV does not mean you definitely have cervical cancer; however it means that you are at a higher risk of developing the disease.

Your doctor will advise you on what to do next.

If I have a positive result, will I be able to continue to work?
Yes, you will still be able to work. You will be advised on next steps and/or follow-ups depending on your results.

Will anyone know I had the test?
You will receive the test results within 2 to 3 weeks.

When will I get the results?
You will receive the test results within 2 to 3 weeks.

When and where can I go and get tested?
You can go to two locations, National University Cancer Institute, Singapore (NCIS) or to KK Women’s and Children’s Hospital (KKH) to get tested. The clinic sessions are Thursdays, from 10.00am to 12.00pm at NCIS, and on the last Thursday of every month, from 2.00pm to 5.00pm at KKH.

Schedule your appointment after you have had your menses.

Will I have to pay for any treatment?
Your appointment and cervical cancer screening using a HPV test will be at no cost.

However, it is important to check your coverage in case there should be a need for further treatment.

What do I have to do in preparation for the HPV test?
The following measures can be taken to ensure that the test is as accurate as possible.

Avoid intercourse, douching, or using any vaginal medicines or spermicidal foams, creams or jellies for two days before the test.

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Be part of the Helping our Helpers programme and book an appointment today!

The clinic sessions are Thursdays, from 10.00am to 12.00pm at NCIS, and last Thursday of every month, from 2.00pm to 5.00pm at KK Women’s and Children’s Hospital.

Please quote the “Help the Helpers Programme” when making an appointment.

Cancer Centre
National University Cancer Institute, Singapore (NCIS)
NUH Medical Center, Level 10
1 Lower Kent Ridge Road, Singapore 119082
Mondays to Fridays: 8:00am to 4:30pm
Satunrdays: 8:00am to 12:00pm
Tel: +65 6773 7888
Email: cancerapptline@nuhs.edu.sg

Colposcopy Suite
KK Women’s and Children’s Hospital
100 Bukit Timah Road, 229899
Mondays to Fridays: 8:30am to 5:00pm
(Closed on Sundays & Public Holidays)
Tel: +65 6394 8803

For more information on cervical cancer screening or to book an appointment, visit the website of the Society for Colposcopy and Cervical Pathology of Singapore: www.sccps.org


Reference:

In partnership with:

The Society for Colposcopy and Cervical Pathology of Singapore, in partnership with National University Cancer Institute, Singapore (NCIS), KK Women’s and Children’s Hospital, Humanitarian Organization for Migration Economics and Roche Diagnostics.