



樂妍站
Women Wellness Satellite



港島賽馬會樂妍站

Jockey Club Women Wellness Satellite (Hong Kong)

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- 註：1. 各樂妍站的開放時間及服務收費詳情，請瀏覽樂妍站網頁。
2. 有意接受樂妍站服務的婦女請向地區康健中心/站查詢。
3. 有關各地區康健中心/站的聯絡地址及電話，可瀏覽地區康健中心網頁。

- Note: 1. Please visit the website of WWS for the opening hours and service charges of each WWS.
2. Women who are interested in receiving WWS's services can approach DHC/Es for enquiries.
3. Please visit the website of DHC for the addresses and telephone numbers of the DHC/Es.



樂妍站網址
www.wws.org.hk



地區康健中心網址
www.dhc.gov.hk



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HPV自我採樣檢測 HPV Self-sampling

子宮頸癌篩查
Cervical Cancer Screening



什麼是 HPV 自我採樣檢測？ What is HPV self-sampling?

- 人類乳頭瘤病毒 (HPV) 是導致子宮頸癌的主要原因，部分高危型 HPV 可令子宮頸細胞出現持續不正常的細胞病變 (癌前病變)。定期接受子宮頸癌篩查是有效預防子宮頸癌的方法。
- HPV 自我採樣檢測是子宮頸癌篩查的檢測方式之一，由女士使用拭子自行從陰道採集樣本，再交由化驗室進行檢測。檢測結果有助醫生及早發現有較高風險感染 HPV 的女士，適時安排進一步檢查及跟進。
- Human papillomavirus (HPV) is the main cause of cervical cancer, and some high-risk types of HPV can lead to persistent abnormal (pre-cancerous) cell changes. Regular cervical cancer screening is proven to be an effective way to prevent cervical cancer.
- HPV self-sampling is one of the cervical cancer screening methods, by which a woman uses a swab to collect a sample from own vagina by herself and send to laboratory for testing. The test result facilitates doctors in identifying women at higher risk of HPV infection at an earlier stage and arrange further investigations and necessary follow-up in a timely manner.



誰適合進行 HPV 自我採樣檢測？ Who is suitable for HPV self-sampling?

- 一般建議 30 歲或以上、曾有性經驗、並未接受過子宮頸切除手術的女士，可選擇 HPV 自我採樣作為子宮頸癌篩查方法 (包括從未或沒有定期接受子宮頸癌篩查的女士)。
- 醫護人員會根據個人病歷及風險評估，與你商討及決定是否適合進行自我採樣檢測；如不適合，醫護人員會建議其他合適的檢測方法，例如由醫護人員採樣檢測。
- In general, women aged 30 or above with intact cervix and ever had sexual experience may opt for HPV self-sampling as cervical cancer screening, including those who have never been screened or do not attend cervical screening regularly.
- Healthcare providers will assess your medical history and individual risk to determine the suitability of performing HPV self-sampling. If it is not suitable, alternative screening methods, e.g. sample collection by healthcare provider, will be recommended.



誰不適合進行 HPV 自我採樣檢測？ Who is not suitable for HPV self-sampling?

以下情況一般不建議使用 HPV 自我採樣檢測：

- 有症狀的女性，特別是有不正常陰道出血、陰道分泌物異常或盆骨痛楚。
- 曾因良性疾病或子宮頸病變而接受全子宮 (包括子宮頸) 切除手術的女性。
- 免疫功能受損的女性 (例如感染愛滋病毒)。
- 因過往子宮頸檢查結果異常而須持續接受監察的女性 (包括曾接受陰道鏡檢查或治療後的監察)。



HPV self-sampling is generally NOT recommended in the following situations:

- Symptomatic women, especially those with abnormal vaginal bleeding, abnormal vaginal discharge or pelvic pain.
- Women who have had a total hysterectomy with removal of the cervix for benign disease or cervical dysplasia.
- Immunocompromised women (for example, women living with human immunodeficiency virus).
- Women who require ongoing surveillance because of previous abnormal cervical findings, including those under follow-up after colposcopy or treatment.

檢測結果代表甚麼？ What do the test results mean?

若 HPV 檢測呈陰性 (Negative)，表示沒有檢出高危型 HPV；建議 3 年後再次接受子宮頸癌篩查。
If the HPV test is negative, it means that no high-risk HPV is detected. It is recommended to have the next cervical cancer screening in 3 years' time.

若 HPV 檢測呈陽性 (Positive)，表示檢出高危型 HPV，但這並非意味有可能患上子宮頸癌。你須由醫護人員再次採集樣本或轉介作進一步檢查 (例如陰道鏡檢查)。
If the HPV test is positive, it means that high-risk HPV is detected. This does not imply the possibility of cervical cancer but you will need to revisit healthcare provider for collection of sample or referral for further investigation (e.g. colposcopy).

陰性
Negative

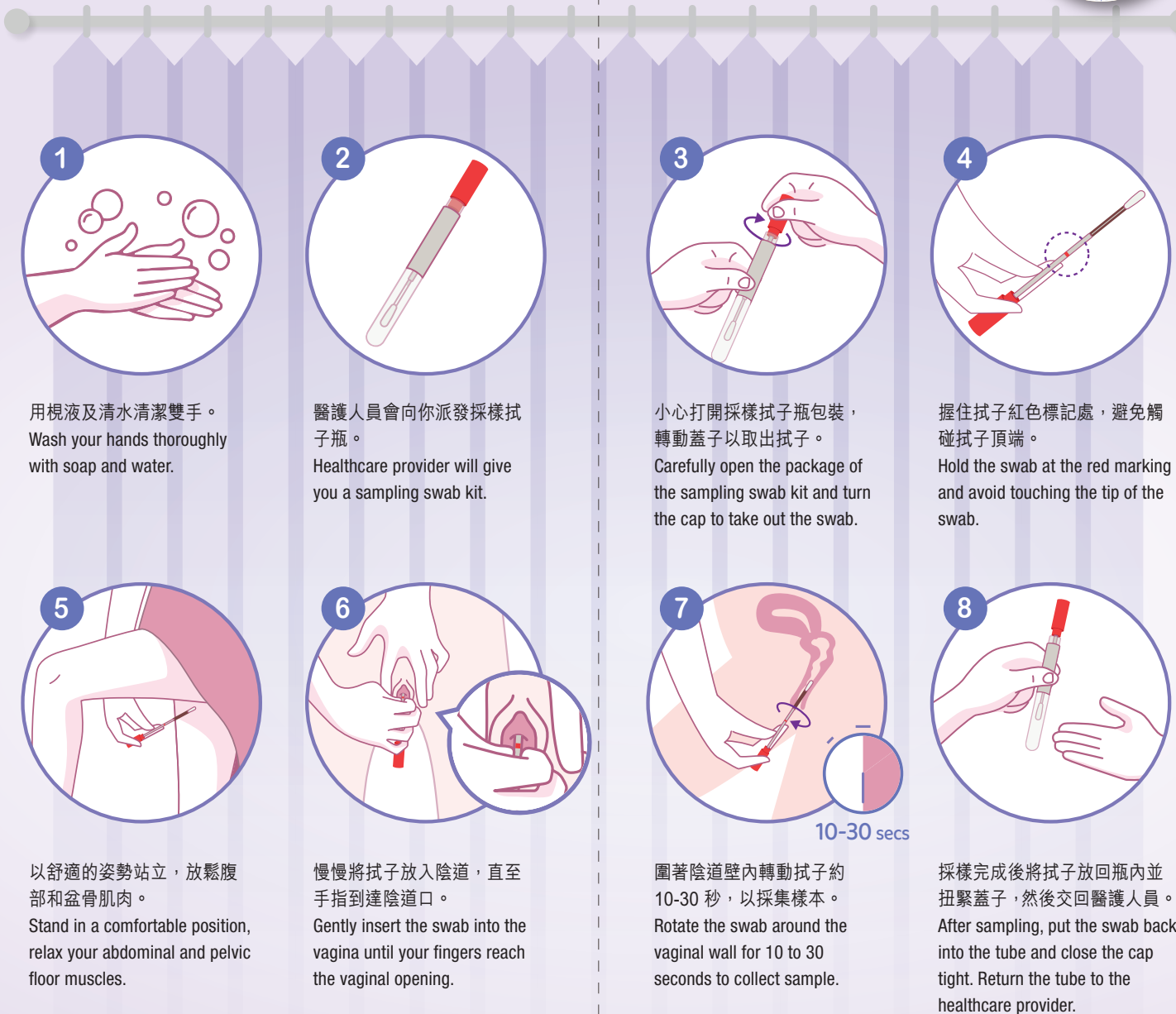
陽性
Positive

樣本不足
Insufficient

若 HPV 檢測樣本不足 (Insufficient)，表示所收集的樣本數量不足以進行檢測，你須由醫護人員再次採集樣本。
If the result is "insufficient", it means that the sample collected is inadequate for test and you will need to revisit healthcare provider for collection of sample.

HPV 自我採樣步驟 Steps for HPV self-sampling

樂妍站的醫護人員會為你安排私隱度高的地方進行自我採樣。
Healthcare providers of Women Wellness Satellite will arrange a private space for you to perform self-sampling.



HPV 自我採樣檢測有多準確？ How accurate is HPV self-sampling?

研究顯示，自我採樣與醫護人員採樣的檢測結果具有高度一致性，準確度僅有極小差異。
Studies showed high concordant results between the results from self collected and healthcare provider collected samples with only a very small difference in accuracy.

重要提示 Important reminders

進行自我採樣前，如有以下情況，請先告知醫護人員，以便安排合適的檢查：

- 檢測前 2 至 3 天內曾有性行為，或曾於陰道內使用栓劑、藥膏或清洗液
- 陰道出血 (如月經)
- 正值懷孕
- 近期曾接受子宮頸相關手術 / 治療

Before self-sampling, please inform your healthcare provider for appropriate screening arrangement if

- you had sexual intercourse, used vaginal medication, cream or washes in the previous 2 to 3 days
- you have vaginal bleeding (such as menstruation)
- during pregnancy
- you have recently undergone cervical-related procedures or treatment

如對 HPV、自我採樣步驟或檢測結果有任何疑問，請向醫護人員查詢，以獲得專業意見及個人化建議。

If you have any questions about HPV, the self-sampling procedure or how to interpret the results, please consult your healthcare provider for professional advice and personalised recommendations.