

## **HEALTH SCREENING GENERAL PREPARATION INSTRUCTIONS**

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### **A. FASTING**

Please fast from 10pm the night before your Health Screening. No food or beverages are allowed during the fast, with the exception of plain water on the morning of your appointment. We will provide light refreshments after your assessment. The purpose of fasting is to achieve accurate results for your blood tests for glucose, cholesterol and triglycerides. The duration of your health screening is about 3 – 4 hours.

### **B. MEDICINES AND SPECIAL DIETS**

If you are taking medication or are on special dietary restrictions under doctor's prescription, please continue to do so. For diabetics, please do not consume your morning medication but bring along your medication to be consumed after your blood taking is completed. Please call for our doctor's opinion if you need further clarification on this issue.

### **C. DECLARATION OF ILLNESS**

Should you feel unwell prior to your health screening, please call our center to inform our center staff before the screening. Our doctor may require you to adhere to special precautions or postpone your health screening depending on your medical condition.

### **D. LIFESTYLE QUESTIONNAIRE**

This will be given on your health screening day.

### **E. PUNCTUALITY**

Please try to arrive in good time for your appointment. If you are delayed, we will do our best to fit you in although we seek your understanding that there may be some waiting time involved.

### **F. EYE CHECKUP**

As our physical examination requires an eye examination for short sightedness, please bring along your glasses or contact lenses and contact lenses holder.

### **G. URINE AND PAP SMEAR PREPARATION (FOR LADIES)**

Please ensure that you are not menstruating or pregnant when your Pap smear test is being performed. (The optimal time for Pap smear test is 2 weeks after your last menses). Please abstain from sexual intercourse 24 hours before the procedure. Avoid the use of vaginal creams, lubricant jellies, spermicides or vaginal medications and tampon usage 2 days before the test.

### **H. STOOL COLLECTION**

If you are bringing your stool sample from home, please collect 1 scoop of stool in the sterile stool specimen bottle issued, seal the bottle tightly and return the specimen to our clinic. Stool should not be kept for more than 12 hours before submission.

(For ladies, please ensure that you are not menstruating at the time of urine and stool collection.)

*Note: Health screening results must be interpreted in totality rather than as isolated measurements. As with most medical tests and services, it is not always possible to detect 100% of all diseases and abnormalities.*

I. **LARGE CHEST X-RAY**

As low doses of radiation is used in chest x-rays, please declare if you are pregnant as you are advised not to conduct this test during pregnancy.

J. **MAMMOGRAM / BREAST ULTRASOUND (FOR LADIES)**

Each procedure itself can take about 30-40 minutes to complete. In the case of mammogram, low doses of radiation are used to check for microcalcifications or masses. Thus please declare if you are pregnant as you are advised not to conduct this test during pregnancy.

It is advisable to schedule your appointment about 5 days after your menstruation. Please remove all jewellery on your upper body before the Mammogram. Please also refrain from using powder on your breast or armpit. It would be more convenient for you to wear a 2-piece suit instead of a dress or comfortable, loose-fitting clothing for the ultrasound examination.

K. **ABDOMINAL ULTRASOUND / HBS ULTRASOUND**

An abdominal ultrasound uses sonography and the examination can take about 35-45 minutes to complete depending on what the doctor has ordered.

Please abstain from food for 7 hours before the examination. Drink lots of plain water and do not empty bladder before examination. If you are a smoker, please refrain from smoking on the day of the appointment.

L. **PELVIS ULTRASOUND (FOR LADIES)**

A pelvis ultrasound uses sonography and the examination can take about 35-45 minutes to complete depending on what the doctor has ordered.

Please drink lots of water and do not empty bladder before examination.

M. **RESTING ECG**

For ladies, it would be more convenient for you to wear a 2-piece suit instead of a dress or comfortable, loose-fitting clothing for the resting ECG.

N. **TREADMILL STRESS TEST**

Please bring along your jogging attire, shoes and a towel on the day you are conducting your ECG Treadmill test. For hypertensive patients, please do not consume your morning hypertensive medication but bring along your medication to be consumed after the doctor has determined that the medication it isn't a beta blocker. Please inform our staff before your screening day if you have any pre-existing heart problems or if you are not feeling well. Please call for our doctor's opinion if you need further clarification on this issue.

O. **REVIEW OF RESULTS**

Significant abnormal results will be made known to you within 7 days. Normal and slightly abnormal reports will be posted to you within 3 weeks and you may then call our health screening centre during our clinic operating hours to book an appointment for either a phone review of your results or a clinic review with our doctors (on weekday afternoons only).

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