

Executive Health Screening Preparation and Guidelines



What do I need to bring?

- Singapore NRIC/Passport/Employment Pass/Work Permit
- Recent medical reports and films (highly encouraged)
- Letter of Guarantee from your Insurance Company/Agency (if applicable)
- Authorisation letter, company letter or staff pass (applicable to corporate clients)



Before Your Health Screening

FASTING

The purpose of fasting is to achieve accurate results for your blood test for glucose, triglycerides and certain ultrasound procedures.

- Please fast for at least 8 hours before your appointment.
- No food or beverages are allowed during the fast. However, you can have plain water. We will provide light refreshments after your assessment.
- The average screening duration ranges from 1.5 - 3 hours depending on the selected package.

GENERAL

- Please do not consume your routine medication or supplements until the fasting tests are over. You can have them right after the test.
- For women, the pap smear, urine and stool tests should be done at least 7 days before or after your menstruation cycle.
- It is advisable that you bring your most recent health screening reports (if available).

DIETARY RESTRICTIONS AND FOOD ALLERGY

Sandwiches will be served after your fasting tests have been conducted. Please alert us upon registration if you do not consume meat and/or are allergic to gluten and wheat products. We will serve you an alternative instead.

DECLARATION OF ILLNESS

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

During Health Screening

EYE EXAMINATION



- As part of our screening, we perform vision tests which require you to bring your glasses or contact lenses (if applicable).
- If you do wear contact lenses, you will need to remove it at least 30 minutes prior to the test.

ULTRASOUND

- You will be required to drink at least 5-6 glasses of water before undergoing an ultrasound of the pelvis and abdomen. For ultrasound abdomen, 8 hours of fasting is required.
- Avoid urinating around an hour before examination.



STRESS ECG (TREADMILL)



- It takes about 20 - 30 minutes to complete the treadmill test.
- Please avoid caffeinated drinks / food before the test.
- Medication such as beta-blocker should be stopped 3 days before this test (please check with your doctor before performing this test).
- Please bring along your sports attire and shoes for this test. We encourage you to bring a change of clothes due to perspiration during the test.

STOOL COLLECTION

- If you are bringing your stool sample from home, please collect 1 scoop of stool in the sterile stool specimen bottle, seal the bottle tightly and bring it along with you on the day of your screening.
- Stool sample should not be kept for more than 12 hours before submission.
Note: For women, please ensure that you are not menstruating at the time of urine and stool collection.
- Avoid red meat and iron supplements 3 days before stool sample is collected.
- You may collect a stool specimen bottle from one of our screening centres or GP clinics prior to your screening appointment.



MAMMOGRAM (For Women)

- Please avoid this examination if you are pregnant.
- Please arrange for your appointment to be at least 1 week after the last day of your menstruation.
- Refrain from wearing any deodorant, perfume, powder or cream at your underarms or chest area as it may affect the quality of the mammogram.
- It is advisable that you bring your most recent mammogram films or reports (if available). This is to allow for better comparison between the previous and latest mammogram result.
- Kindly submit your most recent mammogram films to our radiology department within 3 working days from the day of your screening if you have forgotten to bring it on the day of examination.

Instructions for collection of mid stream urine

FEMALE

Do not collect a urine sample if you have any bleeding conditions such as *haemorrhoids* (piles) or are *menstruating*.

1. Ensure the **urine container** is labelled with the **correct name** and **identification number**.
2. Wash your hands with soap and water, rinse and dry thoroughly.
3. Remove the cap from the container. Place the cap upside down on a counter. Do not touch the inside of the container with your fingers.
4. Separate labia with the index and middle fingers of one hand. Using the other hand, clean genital area from front to back with a piece of toilet paper. Keep the labia apart for the rest of the collection.
5. Pass a small amount of urine into the toilet, then without stopping collect the **middle stream of urine** into the sterile container. Urinate into the container until it is $\frac{1}{4}$ to $\frac{1}{2}$ full. Do not overfill the container. Avoid touching any parts of your genitals with the container.
6. Finish off passing the rest of your urine into the toilet.
7. Put the cap back on the container. Make sure it is closed tightly.
8. Place the specimen container into the plastic bag provided and seal the bag.
9. Wash your hands with soap and water.

MALE

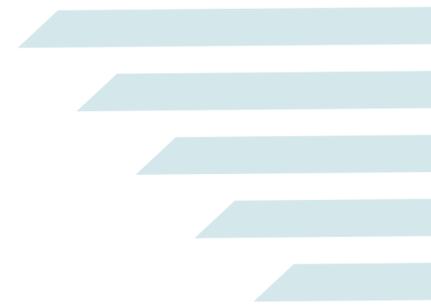
Do not collect a urine sample if you have any bleeding conditions such as *haemorrhoids* (piles).

1. Ensure the **urine container** is labelled with the **correct name** and **identification number**.
2. Wash your hands with soap and water, rinse and dry thoroughly.
3. Remove the cap from the container. Place the cap upside down on a counter. Do not touch the inside of the container with your fingers.
4. Pull foreskin of the penis back (if applicable). Clean the head of penis with a piece of toilet paper. Continue to hold the foreskin back until the urine sample is collected.
5. Pass a small amount of urine into the toilet, then without stopping collect the **middle stream of urine** into the sterile container. Urinate into the container until it is $\frac{1}{4}$ to $\frac{1}{2}$ full. Do not overfill the container. Avoid touching any parts of your genitals with the container.
6. Finish off passing the rest of your urine into the toilet.
7. Put the cap back on the container. Make sure it is closed tightly.
8. Place the specimen container into the plastic bag provided and seal the bag.
9. Wash your hands with soap and water.

Instructions for collection of stool sample

Do not collect a stool sample if you have diarrhoea or any bleeding conditions such as *haemorrhoids* (piles) or are *menstruating*.

1. Ensure the stool container is labelled with the **correct name** and **identification number**.
2. Spread toilet paper over the rim of the toilet.
3. Collect your stool on the toilet paper. The stool **must not** come into contact with **water** or **urine**.
4. Unscrew the cap from the specimen container. Use the spatula to put a small amount of stool in the sample container. Do not overfill the container.
5. Screw the cap back of the container. Make sure it is closed tightly.
6. Place the specimen container into the plastic bag provided and seal the bag.
7. Wash your hands with soap and water.



Post Health Screening

Your health screening report will be ready **within the next 10 days**.

We also offer comprehensive services including GP & family medicine clinics, health screening and adult specialists, shall you require follow-up care or treatments.

Contact Us

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