

HEALTH SCREENING GUIDE

We look forward to welcoming you to our medical centre.

This guide ensures that you are well prepared for your executive screening experience.





TO BRING AND PREPARE:



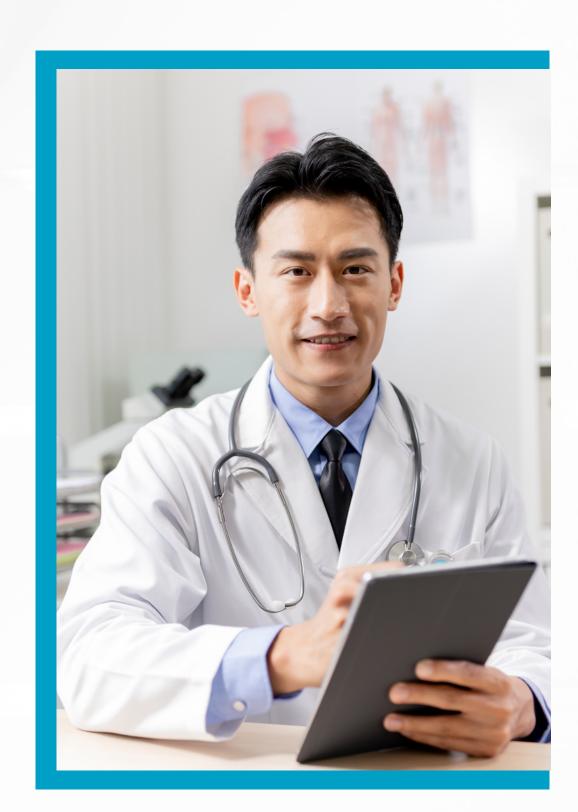
To bring:

- NRIC/FIN/Passport
- Recent Medical Reports (if applicable)
- Referral letter (if applicable)



To prepare:

- Fast for at least 8 hrs plain water is allowed
- Omit your diabetic medication till after your appointment
- You may consume all other chronic medication as required.
- Please postpone your appointment if you are unwell.
- Screening will last between 1 to 3 hrs depending on your package





TEST SPECIFIC PREPARATIONS:



Tonometry

- Bring along your spectacles (if applicable)
- Remove contact lens 30mins before tonometry

ECG

• Please wear a 2-piece outfit as electrodes will be placed on your chest.

Ultrasound

- Abdominal / Hepatobiliary
 System Ultrasound
 - Fast for at least 8-hrs
 - Avoid smoking at least 2hrs before examination
- Prostate / Pelvis Ultrasound
 - Drink 5 to 6 glasses of water
 1-hr before your scan.
 - Avoid urination

X-Ray

- If you are pregnant, please avoid this test.
- Please inform us if you had a chest x-ray in the preceding 6-months.

PAP Smear (Ladies)

- To be done at least 5 days after your menstruation
- Avoid sexual intercourse, use of creams, medication, spermicides or tampons 2 days prior to your appointment

Mammogram (Ladies)

- If you are pregnant, please avoid this test.
- Examination should be done at least 1 week after your menstruation.
- Avoid perfumes, powders, deodorants and creams at your chest or underarm areas.

Stool Test

- To be done at least 5 days after your menstruation (Ladies)
- Avoid red meat and iron supplements 3 days prior to your appointment.

Urine Test

 To be done at least 5 days after your menstruation (Ladies)

QUESTIONS?

You may call us at 6746 6033 6589 0009

or email us at: Support@hop.sg

- RESULTS IN 7 TO 10 WORKING DAYS
- ARRANGE POST-SCREENING CONSULTATION