

# 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:

01

### To bring:

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

02

### 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**