

# 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

02

### To prepare:

- Fast for at least 8 hrs - plain water is allowed. Unless you opted for a non-fasting screening.
- Diabetic patients can omit their medicine for the morning of the health screening unless advised not to skip by their regular doctor.
- You may consume all other chronic medication as required.
- Please postpone your appointment if you are unwell.



## TO BRING AND PREPARE:

03

### To prepare:

- Expectant mothers are advised to refrain from participating in the health screening.
- Please be in comfortable attire to facilitate clinical testing if applicable (blood test, ECG, scanning, treadmill). Further preparations may be required depending on the individual tests (please see next page).
- Changing rooms, disposable slippers and lockers and body wipes are available upon request, feel free to approach our service associates for assistance.





### ECG

- Please wear a 2-piece outfit as electrodes will be placed on your chest.
- Shave chest hair (if any)

### Tonometry

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

### Spirometry

- If you are on inhalers, please call the medical centre one day prior to your appointment to check if any preparation is needed.
- Do not smoke 1hour before the test

### Treadmill

- Avoid caffeinated food and drinks on the day of your test.
- Bring along your sports attire and running shoes.
- You are encouraged to bring a spare set of clothes to change after the test, there are no shower facilities available on site but body wipes can be provided on request)
- If you have any known heart conditions or on any heart or blood pressure medications, please consult a physician before the test.
- Bring your latest medical records if available as you may need a medical review before being allowed to perform this test.

## TEST SPECIFIC PREPARATIONS:

### 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.

### Ultrasound

- Please bring your previous scan results from other healthcare institutions if available.
- 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

### QUESTIONS?

You may call us  
at 6746 6033  
6589 0009

or email us at:  
Medicalcentre@  
hop.sg

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

## 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.
- If you are only comfortable with female staff performing your test please inform us before coming for 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.
- Wear a comfortable 2-piece outfit.
- Gowns available upon request.
- A mammogram is recommended for ladies 40yrs and above.



## 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)
- Urine specimen bottle will be provided on day of test, please collect mid-stream urine, half the bottle.

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### **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

### **Tonometry / DRI**

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

### **Spirometry**

- If you are on inhalers, please call the medical centre one day prior to your appointment to check if any preparation is needed.
- Do not smoke 1hour before the test
- Wear comfortable, loose clothes that do not restrict the movement of your chest

### **ECG**

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

## **TEST SPECIFIC PREPARATIONS:**

### **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?**

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