

## **RAJAH & TANN**

## CORPORATE HEALTH Screening



**BOOK NOW** 

# ONE-STOP CENTRE

HOP Medical Centre is One-stop Health Screening Centre conveniently located at Orchard Road - Palais Renaissance complete with in-house imaging services.

Our screening centre is just a <u>5-</u> <u>mins walk</u> from Orchard MRT and is equipped with the latest medical equipment to meet your needs.

390 Orchard Road, Palais Renaissance #11-03/04, 238871 Tel: 6589 0009 Email: medicalcentre@hop.sg



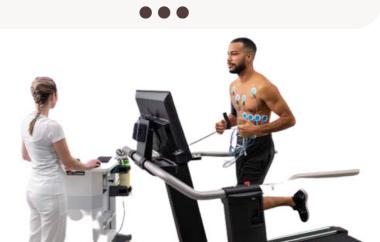




# FULL RANGE OF SERVICES:

Our centre is fully equipped with the latest medical equipment and services to meet your needs, such as:

- Ultrasounds
- Mammogram
- Treadmill ECG
- Resting ECG
- X-Ray
- Pap Smear / HPV Testing
- Vaccinations
- Blood Tests
- Urine Test / Stool Tests
- Spirometry
- Audiometry
- Digital Retinal Imaging
- Tonometry
- Bone Mineral Densitometry (Heel)
- Tele-consultation









# CUSTOMER CENTRIC

Receive your medical report within **7working days** and enjoy on-demand Doctor's Tele-consultation for medical review available:

#### Mon - Sun

## (inc. public holidays) 8.00am to 12.00 midnight

so that you never have to leave the comfort of your home.

# AN ELEVATED Experience

Providing you a range of comprehensive and quality services. Our executive packages have been curated and designed with your health and concerns in mind.

Receive tailored recommendations during your screening by medical professionals and rest easy as you gain deep insights into your health.

## **CUSTOMISED HEALTH SCAN** 25 – 40 YEARS

#### **DOCTOR** CONSULTATION

#### BIOMETRIC TESTS

Height and Weight BMI Blood Pressure Full Body Composition Visual Acuity and Color Test

#### LABORATORY TESTS

#### Liver Profile

Total Bilirubin Alkaline Phosphatase SGPT (ALT) SGOT (AST) Gamma GT (GGT) Total Protein Albumin Globulin Alb/Glob Ratio

#### **Diabetes Profile**

Blood Glucose

#### **Lipid Profile**

Total Cholesterol HDL Cholesterol LDL Cholesterol Cholesterol Ratio Triglycerides

**Kidney Profile** Urea Creatinine

#### Hematology

Total WBC Total RBC Differential Count Platelets Red Cell Indices (MCV)

Hepatitis Profile Hepatitis B Antigen Hepatitis B Antibody

Bone and Joint Profile Uric Acid (Gout)

**Urinalysis** Urine FEME

**Stool Analysis** Stool Occult Blood

Cancer Marker CEA



**PAPSMEAR** 9 Thin Prep Pap Smear

#### **CLINICAL TEST**



ECG Electrocardiogram



#### POST DOCTOR REVIEW



## WELL SCAN 41 - 55 YEARS

#### DOCTOR CONSULTATION

#### **BIOMETRIC TESTS**

Height and Weight BMI Blood Pressure Full Body Composition Visual Acuity and Color Test

#### LABORATORY TESTS

#### **Liver Profile**

Total Bilirubin Alkaline Phosphatase SGPT (ALT) SGOT (AST) Gamma GT (GGT) Total Protein Albumin Globulin Alb/Glob Ratio

#### **Diabetes Profile**

Blood Glucose

#### **Lipid Profile**

Total Cholesterol HDL Cholesterol LDL Cholesterol Cholesterol Ratio Triglycerides

#### **Kidney Profile** Urea

Creatinine

#### Hematology

Total WBC Total RBC Differential Count Platelets Red Cell Indices (MCV)

Hepatitis Profile Hepatitis B Antigen Hepatitis B Antibody

#### **Bone and Joint Profile**

Uric Acid (Gout) RA Factor

**Urinalysis** Urine FEME

**Stool Analysis** Stool Occult Blood

Cancer Marker CEA AFP



**PAPSMEAR** 9 Thin Prep Pap Smear

#### **CLINICAL TEST**





TREADMILL
Stress Test



#### **POST DOCTOR REVIEW**

## **SPECIAL SCAN** 56 YEARS & ABOVE

#### DOCTOR CONSULTATION

#### **BIOMETRIC TESTS**

Height and Weight BMI Blood Pressure Full Body Composition Visual Acuity and Color Test

#### LABORATORY TESTS

#### **Liver Profile**

Total Bilirubin Alkaline Phosphatase SGPT (ALT) SGOT (AST) Gamma GT (GGT) Total Protein Albumin Globulin Alb/Glob Ratio

#### **Diabetes Profile**

Blood Glucose

#### **Lipid Profile**

Total Cholesterol HDL Cholesterol LDL Cholesterol Cholesterol Ratio Triglycerides

#### **Kidney Profile** Urea Creatinine

#### Hematology

Total WBC Total RBC Differential Count Platelets Red Cell Indices (MCV)

Hepatitis Profile Hepatitis B Antigen Hepatitis B Antibody

#### **Bone and Joint Profile**

Uric Acid (Gout) RA Factor

**Urinalysis** Urine FEME

**Stool Analysis** Stool Occult Blood

Cancer Marker CEA AFP

Thyroid Profile Free T4



**PAPSMEAR** 9 Thin Prep Pap Smear

#### **CLINICAL TEST**

Chest X-ray

- ECG Electrocardiogram
- TREADMILL Stress Test
- SPIROMETRY Lung Function Test
- AUDIOMETRY Functional Hearing
- TONOMETRY Eye Pressure
- **Breakfast**

#### POST DOCTOR REVIEW



## HEALTH SCREENING PREPARATION

## To bring

• NRIC/FIN/Passport

## To prepare

- Fast for at least 8 hrs plain water is allowed
- Omit your diabetic medication till after your appointment 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.
- 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.

## **GETTING READY FOR YOUR TESTS**

## **Blood Test**

• 8-hrs of fasting is required.

## **Urine Test**

- At least 1/2 of the bottle
- Take Mid-stream portion
- No fasting required
- No overnight urine

## **For Ladies**

• Urine/Stool to be done at least 5 days after your menstruation

## **Stool Test**

- No fasting required
- Overnight stool is acceptable
- Avoid contact with urine or water
- Using the stick provided, scoop a small amount of stool
- Avoid red meat and iron supplements 3 days before collecting the sample





### Ultrasounds

- 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, full bladder is required
- Please bring your previous scan results from other healthcare institutions if available.



## 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.

### Spirometry

- If you are on inhalers, please call the medical centre one day prior to your appointment to check if any preparation is needed.
- Avoid smoking 1-hr before test.

## Treadmill ECG

- 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.

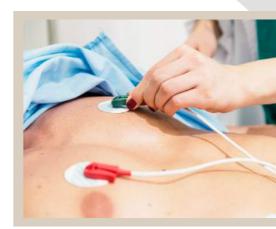


## **Resting ECG**

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

## 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-peice outfit.
- Gowns available upon request.
- A mammogram is recommended for ladies 40yrs and above.

### Tonometry

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





## **POST SCREENING**

- Your health screening report will be sent to you within 7 working days. (excluding weekends, PH and eve of PH).
- Contact us for a post screening review with our Doctor

### THINGS TO TAKE NOTE

- Kindly arrive on time for your appointment. Rescheduling of appointments to be made at least 48 hours in advance us via 6589 0009
- O Depending on your selected package, your screening may take **between 1 to 3 hrs**.
- O A **time chit** can be provided for your screening appointment.