

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:

- Fasting is optional - please avoid heavy foods and alcohol before your appointment. However if you are selecting a liver ultrasound, fasting will be required.
- 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 6589 0009 /
6589 0001

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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