



# HEALTH SCREENING



IN PARTNERSHIP with  
BREAST CANCER FOUNDATION

\$20 will be donated to  
**BCF** for every health screening





# 1 IN 13 WOMEN WILL GET BREAST CANCER

Breast cancer is the most frequently diagnosed cancer in Singaporean women, accounting for 29.7% of all cancer cases in female. It is also a leading cause of cancer-related deaths among women.

The 5-year survival rate for breast cancer patients in Singapore is high, often reported around 87-90%. This reflects the effectiveness of early detection programs, such as regular mammograms, and the quality of treatment available.

In support of BCF, HOP has specially crafted the PINK PACKAGE targeting breast cancer and other female related health issues.

A \$20 donation will be made for every health screening booked and completed.

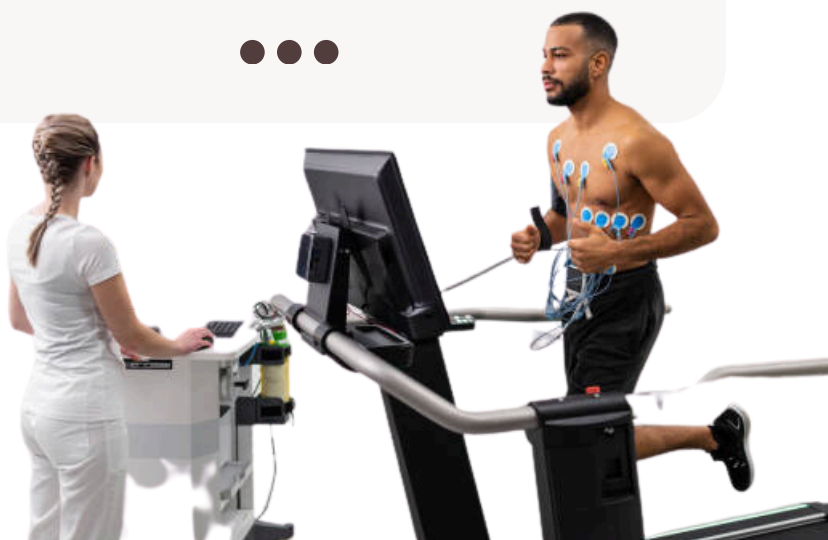
Thank you for your support to promote early detection of breast cancer and support the breast cancer community.



# 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 **7-working 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.

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# AN ELEVATED EXPERIENCE

Providing you a range of comprehensive and quality services. Our executive packages have been carefully 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.





# SCREEN AT ORCHARD

PALAIS RENAISSANCE, 390  
ORCHARD ROAD, #11-03/04,  
S238871

## CONVENIENCE

HOP Medical Centre is conveniently located at Orchard Road - Palais Renaissance. An upmarket and prime shopping mall where quality meets luxury. Our screening centre is just a **5-mins walk** from Orchard MRT and is equipped with the best and latest medical equipment to meet your needs.

# PINK PACKAGE \$480.00



## DOCTOR CONSULTATION



## CLINICAL TESTS

Height and Weight  
BMI  
Blood Pressure  
Full Body Composition  
Oxygen Saturation  
Visual Acuity  
Color Blindness



## LABORATORY TESTS

### Liver Profile

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

### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

### Diabetes Profile

Blood Glucose  
HbA1c (where applicable)

### Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
eGFR

### Thyroid Profile

TSH  
FT4 (If TSH is  $<0.40$  pmol/L  
or  $>4.70$  pmol/L)

### Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)

### Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

### Cancer Markers

AFP (Liver)  
CEA (Colon)  
CA125 (Ovary)  
CA15.3 (Breast)

### Hepatitis Profile

Hepatitis A  
Hepatitis B

### Urinalysis

Urine FEME

### Stool Analysis

Stool Occult Blood

### Venereal Profile

Syphilis TP Ab



## CHOOSE 1 OF THE FOLLOWING:

Ultrasound Breast  
Mammogram

## TOP-UPS:

**MAMMOGRAM - \$130**

**ULTRASOUND BREAST - \$130**

**ULTRASOUND PELVIS - \$130**

**THIN PREP (CERVICAL CANCER) - \$65**



## POST SCREENING DOCTOR CONSULTATION



## PERSONAL REPORT AND LIFESTYLE COUNSELLING



# PREPARATION & INSTRUCTIONS

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## 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
- You may consume all other chronic medication as required.
- Please postpone your appointment if you are unwell.

## URINE TEST

- At least ½ of the bottle
- Take Mid-stream portion
- No fasting required
- No overnight urine
- 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

## 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.
- Please inform our doctor in advance if you have any known heart conditions

## 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.

## PAP SMEAR (FEMALE) ♀

- 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 (FEMALE) ♀

- 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.

## 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

- 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



## POST SCREENING

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- 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 or book for a tele-review.***

## FOOTNOTES

- Kindly arrive on time for your appointment. **Rescheduling** of appointments to be made at least 48 hours in advance us **via 6589 0009**
- Depending on your selected package, your screening may take **between 1 to 3 hrs.**
- A **time chit** can be provided for your screening appointment.
- **If you are pregnant**, it is not recommended to undergo executive health screening.





### **HOP MEDICAL CENTRE (ORCHARD)**

390 Orchard Road,  
Palais Renaissance  
#11-03/04  
Singapore 238871



### **HOP MEDICAL CENTRE (TAMPINES)**

CPF Tampines, 1 Tampines Central  
#07-04/05  
S529508



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[hop.sg](http://hop.sg)