



## 2 LOCATIONS:

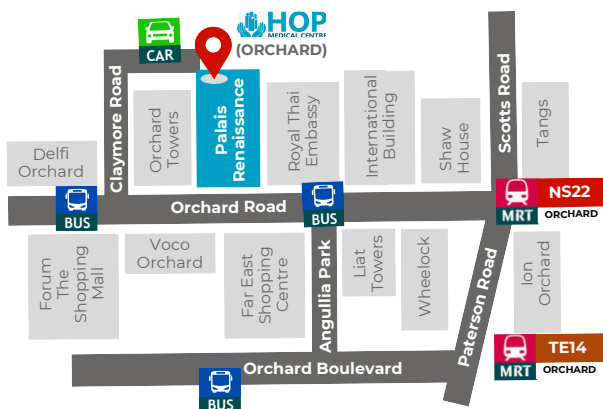
One-stop screening facilities conveniently located in **Tampines Central** and **Orchard Road**



### (ORCHARD) HOP MEDICAL CENTRE

390 Orchard Road Palais Renaissance  
#11-03/04 S(238871)

☎ 6589 0009 ✉ [Medicalcentre@hop.sg](mailto:Medicalcentre@hop.sg)



### NEW (TAMPINES) HOP MEDICAL CENTRE

1 Tampines Central 5 CPF Tampines Building  
#07-04/05 S(529508)

☎ 6589 0002 ✉ [tampines@hop.sg](mailto:tampines@hop.sg)



# HEALTH SCREENING PREPARATION

## To bring

- NRIC/FIN/Passport

## 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.**
- 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

- Fasting is optional - please avoid heavy foods and alcohol before your appointment.

### Urine Test

- At least ½ 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

- Liver (HBS) 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-piece 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





# NON-FASTING HEALTH SCREENING

LEARN MORE



## Q: What is non-fasting Screening?

A non-fasting screening means that you can get your health screening done without the need to fast. Choose to screen either in the morning or afternoon

## Q: Will my results be accurate?

Yes! Your results will be accurate as **HbA1c** is done to assess a person's diabetes status regardless of fasting. A Direct lipid will also be conducted to ensure results accuracy.

## Q: What is HbA1c?

HbA1c tells us your average blood glucose level over the past 3 months by measuring the glucose levels that is bound to your blood cells.

## Q: What is a direct lipid?

A direct LDL cholesterol test is distinct in that it directly measures LDL cholesterol in the blood accuracy.

## Q: What test cannot be done under a non-fasting screening?

A HBS (liver) ultrasound cannot be done under a non-fasting screening.

## Q: Who is not suitable for a non-fasting screening

Individuals with known anaemia are not suitable for a non-fasting screening as it may affect the HbA1c results.

## Q: Any preparations to take note of?

Please try to avoid heavy food and alcohol before your appointment.

## 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

- Corporate discount can be extended to **employee's family members**. Call 6589 0009 (Orchard) or 6589 0002 (Tampines) to find out more.
- Kindly arrive on time for your appointment. **Rescheduling** of appointments to be made at least 48 hours in advance us **via 6589 0009 (Orchard) and 6589 0002 (Tampines)**
- Depending on your selected package, your screening may tak**between 1 to 3 hrs.**
- A **time chit** can be provided for your screening appointment.