

HOP MEDICAL CENTRE EXECUTIVE HEALTH SCREENING PACKAGES		Volvo Construction Equipment Singapore Pte Ltd	
NO ADDITIONAL BLOOD-DRAWING REQUIREMENTS		Deluxe	Sapphire
TESTS	DETAILS	\$380 nett	\$550 nett
Doctor Consultation 医生咨询			
Physical Examination 体检	Blood Pressure	✓	✓
	Height & Weight - Body Mass Index (BMI)	✓	✓
	Visual Acuity and Color Vision	✓	✓
	Body Composition Analysis	✓	✓
	Oxygen Saturation (SpO2)	✓	✓
Diabetes Profile 血糖控制检验	Fasting Blood Glucose	✓	✓
	HbA1c	✓	✓
Lipid Profile 类脂化合物检验	Total Cholesterol	✓	✓
	HDL Cholesterol	✓	✓
	Total-Cholesterol/HDL ratio	✓	✓
	LDL Cholesterol	✓	✓
	Triglyceride	✓	✓
Liver Profile 肝功能检验	Total Bilirubin	✓	✓
	Alkaline Phosphatase	✓	✓
	SGPT (ALT)	✓	✓
	SGOT (AST)	✓	✓
	Gamma GT (GGT)	✓	✓
	Total Protein	✓	✓
	Albumin	✓	✓
	Globulin	✓	✓
Hepatitis Profile 肝炎的检验	Hep B s Antigen	✓	✓
	Hep B s Antibody	✓	✓
	Hep B Core Total IgG (If HBsAg+)	✓	✓
	Hep A Antibody	✓	✓
Kidney Function 肾脏的检验	Urea	✓	✓
	Creatinine	✓	✓
	Potassium	✓	✓
	Sodium	✓	✓
	Chloride	✓	✓
	Estimated Glomerular Filtration Rate (eGFR)	✓	✓
Urinalysis 尿液分析	Urine FEME	✓	✓
Thyroid Function 甲状腺功能检验	Thyroid Stimulating Hormone (TSH)	✓	✓
	Free Thyroxine (If TSH is <0.40 pmol/L or >4.70 pmol/L)	✓	✓
Bone & Joint Profile 骨骼及关节要素检验	Calcium	✓	✓
	Phosphate	✓	✓
	Uric Acid (Gout)	✓	✓

Cancer Markers 癌标记物检验	AFP (Liver)	✓	✓
	CEA (Colon)	✓	✓
	CA125 (Female Ovary)	✓	✓
	PSA (Male Prostate)	✓	✓
	CA19.9 (Pancreas)	✓	✓
Stool Test 粪便检验	Stool Occult Blood	✓	✓
Venereal Profile 性病检验	Syphilis TP Ab	✓	✓
	VD (RPR) if Syphilis TP Ab is reactive	✓	✓
	TPPA if VD (RPR) is reactive	✓	✓
Haematology 血液学	Full Blood Count (Hb, Total WBC, RBC, PLT, DC)	✓	✓
	Hb Indices (PCV, MCV, MCH, MCHC)	✓	✓
	Erythrocyte Sedimentation Rate (ESR)	✓	✓
	Peripheral Blood Film	✓	✓
Stomach Screening 胃检查	Helicobacter pylori Antibody (HPY)		✓
Heart Screening 心脏检查	C-Reactive Protein (CRP)		✓
Cervical Cancer Screening 薄层液基子宫颈抹片检查	ThinPrep Pap Smear (Female)	✓	✓
Clinical Tests 临床检测	Resting ECG OR Bone Mass Densitometry	✓	✓
	Eye pressure (Glaucoma)	✓	✓
	Chest X-Ray	✓	✓
Imaging Examination 超声波扫描	Ultrasound Pelvis (Female)	CHOOSE ONE (1)	CHOOSE TWO (2)
	Ultrasound Prostate (Male)		
	Ultrasound Thyroid		
	Ultrasound Breast (Female)		
	Ultrasound Kidneys		
	Ultrasound HBS (Liver, gallbladder, spleen, pancreas)		
	Ultrasound Carotid IMT		
	Mammogram (Female)		
Treadmill Stress Test			

HEALTH SCREENING PREPARATION

To bring

- NRIC/FIN/Passport

To prepare

- Fast for at least 8 hrs - plain water is allowed. Unless you opt for Non Fasting screening.
- 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. Unless you opt for Non Fasting screening.

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

- 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-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



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 (Orchard) 6589 0002 (Tampines)**
- Depending on your selected package, your screening may take **between 1 to 3 hrs.**
- A **time chit** can be provided for your screening appointment.