

# HEALTH SCREENING

EXECUTIVE PACKAGES

2026





# EXECUTIVE HEALTH SCREENING

## 2 ONE-STOP SCREENING CENTRE

Conveniently located at **Orchard and Tampines**, HOP Medical Centre is your go-to for **One-stop Health Screening**.

We are equipped with the latest medical equipment and in-house imaging services to meet your needs.

**HOP Medical Centre (Orchard)**  
Palais Renaissance, 390 Orchard Road, #11-03/04 Singapore 238871

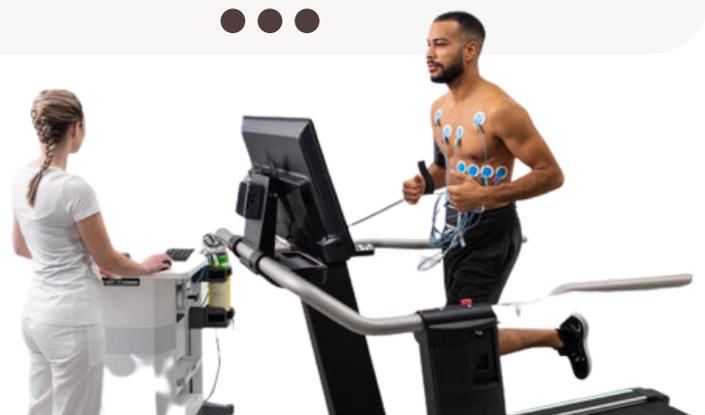
**HOP Medical Centre (Tampines)**  
CPF Building Tampines, 1 Tampines Central 5 #07-04/05 Singapore 529508



# 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



# POST SCREENING CONSULTATION



## TELE-CONSULT YOUR RESULTS WITH



WhiteCoat



### Step 1

Download and Register an account on  
the WhiteCoat App

### Step 2

Receive your results and consult a doctor  
on app for a post-screening review at **no  
additional charge**



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.

**ON DEMAND**

**AVAILABLE DAILY**

# SUPERIOR PLUS



## 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  
HbA1c (where applicable)

### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

### Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

## Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate ♂)  
CA125 (Ovarian) ♀

## Urinalysis

Urine FEME

## Hepatitis Profile

Hepatitis A  
Hepatitis B

## Thyroid Profile

TSH  
FT4 (if TSH <0.40pmol/L or  
>4.70 pmol/L)

## Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)

## Venereal Profile

Syphilis TP Ab

## Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film



## Stool Analysis

Stool Occult Blood

## CLINICAL TEST (CHOOSE 2):



### ELECTROCARDIOGRAPHY

Resting ECG



### BONE SCAN

Bone Mineral Densitometry



### TONOMETRY

Eye Pressure



### SPIROMETRY

Lung Function Test



### RADIOLOGY

Chest X-ray



### Light Refreshment



### PERSONAL REPORT AND LIFESTYLE COUNSELLING



### POST DOCTOR REVIEW



WhiteCoat

# EXECUTIVE PLUS



## 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  
HbA1c (where applicable)

### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

### Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

### Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate ♂)  
CA125 (Ovarian) ♀  
CA19.9 (Pancreas)  
EBV (Nose)  
Beta hCG (Testes) ♂  
CA15.3 (Breast) ♀

### Stomach Screen

Helicobacter Pylori  
Antibodies (Gastritis)

### Urinalysis

Urine FEME

### Hepatitis Profile

Hepatitis A  
Hepatitis B

### Thyroid Profile

TSH  
FT4 (if TSH <0.40pmol/L or >4.70 pmol/L)

### Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)

### Venereal Profile

Syphilis TP Ab

### Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

### Stool Analysis

Stool Occult Blood

## CLINICAL TEST (CHOOSE 2):

 **ELECTROCARDIOGRAPHY**  
Resting ECG

 **RADIOLOGY**  
Chest X-ray

 **BONE SCAN**  
Bone Mineral Densitometry

 **TONOMETRY**  
Eye Pressure

 **SPIROMETRY**  
Lung Function Test

 **Cervical Cancer** ♀  
Pap Smear (ThinPrep - recommended every 3 years)

## CHOOSE 1 OF THE FOLLOWING:

Ultrasound HBS (Liver, gallbladder, pancreas, spleen)

Ultrasound Prostate ♂

Ultrasound Pelvis ♀

Ultrasound Thyroid

Ultrasound Kidney

Ultrasound Breast ♀

Mammogram ♀

Treadmill ECG

 **Light Refreshment**

 **PERSONAL REPORT AND LIFESTYLE COUNSELLING**

 **POST DOCTOR REVIEW**

# ENHANCED PLUS



## 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  
HbA1c (where applicable)

### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

### Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

### Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate ♂)  
CA125 (Ovarian) ♀  
CA19.9 (Pancreas)  
EBV (Nose)  
Beta hCG (Testes) ♂  
CA15.3 (Breast) ♀

### Stomach Screen

Helicobacter Pylori  
Antibody (Gastritis)

### Cardiac Profile

C-Reactive Protein

### Urinalysis

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

### Hepatitis Profile

Hepatitis A  
Hepatitis B

### Thyroid Profile

TSH  
FT4 (if TSH <0.40pmol/L or >4.70 pmol/L)

### Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

### Venereal Profile

Syphilis TP Ab

### Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

### Stool Analysis

Stool Occult Blood

## CLINICAL TEST (CHOOSE 4):

 **ELECTROCARDIOGRAPHY**  
Resting ECG

 **RADIOLOGY**  
Chest X-ray

 **BONE SCAN**  
Bone Mineral Densitometry

 **TONOMETRY**  
Eye Pressure

 **SPIROMETRY**  
Lung Function Test

 **Cervical Cancer** ♀  
Thin Prep Pap Smear -  
recommended every 3 year

 **CHOOSE 2 OF THE FOLLOWING:**  
Ultrasound HBS (Liver, gallbladder pancreas, spleen)  
Ultrasound Prostate ♂  
Ultrasound Pelvis ♀  
Ultrasound Thyroid  
Ultrasound Kidney  
Ultrasound Breast ♀  
Mammogram ♀  
Treadmill ECG

 **Light Refreshment**

 **PERSONAL REPORT AND LIFESTYLE COUNSELLING**

 **POST DOCTOR REVIEW**



## 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  
HbA1c (where applicable)

### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

### Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

### Stool Analysis

Stool Occult Blood



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## Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) ♂  
CA125 (Ovarian) ♀  
CA19.9 (Pancreas)  
EBV (Nose)  
Beta hCG (Testes) ♂  
CA15.3 (Breast) ♀

## Stomach Screen

Helicobacter Pylori  
Antibody (Gastritis)

## Cardiac Profile

C-Reactive Protein

## Urinalysis

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

## Hepatitis Profile

Hepatitis A  
Hepatitis B

## Thyroid Profile

TSH  
FT4 (if TSH <0.40pmol/L or >4.70 pmol/L)

## Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

## Venereal Profile

Syphilis TP Ab

## Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

## Deficiency Profile

Iron  
Vitamin B12  
Folic Acid  
Vitamin D

## Hormone Profile

Testosterone ♂  
Estradiol ♀  
Follicle-Stimulating Hormone ♀

## CLINICAL TEST (CHOOSE 5):



## ELECTROCARDIOGRAPHY

Resting ECG



## BONE SCAN

Bone Mineral Densitometry



## RADIOLOGY

Chest X-ray



## TONOMETRY

Eye Pressure



## SPIROMETRY

Lung Function Test



## Cervical Cancer ♀

Thin Pap Smear -  
recommended every 3 year



## CHOOSE 3 OF THE FOLLOWING:

Ultrasound HBS (Liver, gallbladder pancreas, spleen)  
Ultrasound Prostate ♂  
Ultrasound Pelvis ♀  
Ultrasound Thyroid  
Ultrasound Kidney  
Ultrasound Breast ♀  
Mammogram ♀  
Treadmill ECG



## Light Refreshment



## PERSONAL REPORT AND LIFESTYLE COUNSELLING



## POST DOCTOR REVIEW



## 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  
HbA1c (where applicable)

### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

### Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

### Stool Analysis

Stool Occult Blood

### Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate ♂)  
CA125 (Ovarian) ♀  
CA19.9 (Pancreas)  
EBV (Nose)  
CA15.3 (Breast) ♀  
Beta hCG (Testes) ♂

### Stomach Screen

Helicobacter Pylori  
Antibody (Gastritis)

### Cardiac Profile

C-Reactive Protein  
Creatine Kinase  
Apolipoprotein A1  
Apolipoprotein B  
Apolipoprotein B/A1 Ratio

### Urinalysis

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

### Hepatitis Profile

Hepatitis A  
Hepatitis B

### Thyroid Profile

TSH  
FT4 (if TSH <0.40pmol/L or >4.70 pmol/L)

### Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

### Venereal Profile

Syphilis TP Ab

### Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

### Deficiency Profile

Iron  
Vitamin B12  
Folic Acid  
Vitamin D

### Hormone Profile

Testosterone ♂  
Estradiol ♀  
Follicle-Stimulating Hormone ♀

### CLINICAL TEST (CHOOSE 6):

 **ELECTROCARDIOGRAPHY**  
Resting ECG

 **BONE SCAN**  
Bone Mineral Densitometry

 **RADIOLOGY**  
Chest X-ray

 **TONOMETRY**  
Eye Pressure

 **SPIROMETRY**  
Lung Function Test

 **Retinal Photography**  
Eye Diseases

 **Cervical Cancer** ♀  
Thin Pap Smear -  
recommended every 3 year

 **CHOOSE 4 OF THE FOLLOWING:**  
Ultrasound HBS (Liver, gallbladder pancreas, spleen)  
Ultrasound Prostate ♂  
Ultrasound Pelvis ♀  
Ultrasound Thyroid  
Ultrasound Kidney  
Ultrasound Breast ♀  
Mammogram ♀  
Treadmill ECG

 **Light Refreshment**

 **PERSONAL REPORT AND LIFESTYLE COUNSELLING**

 **POST DOCTOR REVIEW**

## 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  
HbA1c (where applicable)

### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

### Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

### Stool Analysis

Stool Occult Blood

### Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate ♂)  
CA125 (Ovarian) ♀  
CA19.9 (Pancreas)  
EBV (Nose)  
CA15.3 (Breast) ♀  
Beta hCG (Testes) ♂

### Stomach Screen

Helicobacter Pylori  
Antibody (Gastritis)

### Cardiac Profile

C-Reactive Protein  
Creatine Kinase  
Apolipoprotein A1  
Apolipoprotein B  
Apolipoprotein B/A1 Ratio

### Urinalysis

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

### Hepatitis Profile

Hepatitis A  
Hepatitis B

### Thyroid Profile

TSH  
FT4 (if TSH <0.40pmol/L or >4.70 pmol/L)

### Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

### Venereal Profile

Syphilis TP Ab

### Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

### Immunology Profile

Anti-DS DNA Antibody  
Anti-Nuclear Antibody

### Deficiency Profile

Iron  
Vitamin B12  
Folic Acid  
Vitamin D

### Hormone Profile

Testosterone ♂  
Estradiol ♀  
Follicle-Stimulating Hormone ♀

### CLINICAL TEST (CHOOSE 6):

 **ELECTROCARDIOGRAPHY**  
Resting ECG

 **BONE SCAN**  
Bone Mineral Densitometry

 **RADIOLOGY**  
Chest X-ray

 **TONOMETRY**  
Eye Pressure

 **SPIROMETRY**  
Lung Function Test

 **Retinal Photography**  
Eye Diseases

 **Cervical Cancer** ♀  
Thin Pap Smear -  
recommended every 3 year

 **CHOOSE 5 OF THE FOLLOWING:**  
Ultrasound HBS (Liver, gallbladder pancreas, spleen)  
Ultrasound Prostate ♂  
Ultrasound Pelvis ♀  
Ultrasound Thyroid  
Ultrasound Kidney  
Ultrasound Breast ♀  
Mammogram ♀  
Treadmill ECG

 **Light Refreshment**

 **PERSONAL REPORT AND LIFESTYLE COUNSELLING**

 **POST DOCTOR REVIEW**



## 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  
HbA1c (where applicable)

### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

### Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

### Stool Analysis

Stool Occult Blood

## Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate ♂)  
CA125 (Ovarian) ♀  
CA19.9 (Pancreas)  
EBV (Nose)  
CA15.3 (Breast) ♀  
Beta hCG (Testes) ♂

## Stomach Screen

Helicobacter Pylori  
Antibody (Gastritis)

## Cardiac Profile

C-Reactive Protein  
Creatine Kinase  
Apolipoprotein A1  
Apolipoprotein B  
Apolipoprotein B/A1 Ratio

## Urinalysis

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

## Hepatitis Profile

Hepatitis A  
Hepatitis B

## Thyroid Profile

TSH  
FT4 (if TSH <0.40pmol/L or  
>4.70 pmol/L)

## Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

## Venereal Profile

Syphilis TP Ab

## Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

## Immunology Profile

Anti-DS DNA Antibody  
Anti-Nuclear Antibody

## Deficiency Profile

Iron  
Vitamin B12  
Folic Acid  
Vitamin D

## Hormone Profile

Testosterone ♂  
Estradiol ♀  
Follicle-Stimulating Hormone ♀

## CLINICAL TESTS



### Eletrocardiography

Resting ECG



### Bone Scan

Bone Mineral Densitometry



### Tonometry

Eye Pressure



### Spirometry

Lung Function Test



### Retinal Photography

Eye Diseases



### Cervical Cancer ♀

Thin Pap Smear -  
recommended every 3 year



## ULTRASOUND & RADIOLOGY TEST

Ultrasound HBS (Liver,  
gallbladder pancreas, spleen)  
Ultrasound Prostate ♂  
Ultrasound Pelvis ♀  
Ultrasound Thyroid  
Ultrasound Kidney  
Ultrasound Breast (age below 40) ♀  
Mammogram (age 40 and above) ♀



**CT CALCIUM SCORE** To look for  
calcium deposits in heart arteries



**CT LUNG** To look for  
lung cancer and lung diseases



**Light Refreshment**



**PERSONAL REPORT AND  
LIFESTYLE COUNSELLING**



**POST DOCTOR REVIEW**



## 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  
HbA1c (where applicable)

### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

### Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

### Stool Analysis

Stool Occult Blood

## Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate ♂)  
CA125 (Ovarian) ♀  
CA19.9 (Pancreas)  
EBV (Nose)  
CA15.3 (Breast) ♀  
Beta hCG (Testes) ♂

## Stomach Screen

Helicobacter Pylori  
Antibody (Gastritis)

## Cardiac Profile

C-Reactive Protein  
Creatine Kinase  
Apolipoprotein A1  
Apolipoprotein B  
Apolipoprotein B/A1 Ratio

## Urinalysis

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

## Hepatitis Profile

Hepatitis A  
Hepatitis B

## Thyroid Profile

TSH  
FT4 (if TSH <0.40pmol/L or >4.70 pmol/L)

## Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

## Venereal Profile

Syphilis TP Ab

## Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

## Immunology Profile

Anti-DS DNA Antibody  
Anti-Nuclear Antibody

## Deficiency Profile

Iron  
Vitamin B12  
Folic Acid  
Vitamin D

## Hormone Profile

Testosterone ♂  
Estradiol ♀  
Follicle-Stimulating Hormone ♀

## CLINICAL TESTS:



**Electrocardiography**  
Resting ECG



**Bone Scan**  
Bone Mineral Densitometry



**Tonometry**  
Eye Pressure



**Spirometry**  
Lung Function Test



**Retinal Photography**  
Eye Diseases



**Cervical Cancer** ♀  
Thin Pap Smear -  
recommended every 3 year



## ULTRASOUND & RADIOLOGY TEST

Ultrasound HBS (Liver, gallbladder pancreas, spleen)  
Ultrasound Prostate ♂  
Ultrasound Pelvis ♀  
Ultrasound Thyroid  
Ultrasound Kidney  
Ultrasound Breast (age below 40) ♀  
Mammogram (age 40 and above) ♀



**CT CALCIUM SCORE** To look for calcium deposits in heart arteries



**CT LUNG** To look for lung cancer and lung diseases



**MRI HEAD (Headache Screen) without contrast** To look for brain diseases that can cause headache



**Light Refreshment**



**PERSONAL REPORT AND LIFESTYLE COUNSELLING**



**POST DOCTOR REVIEW**

# HEALTH SCREENING PREPARATION

## To bring

- NRIC/FIN/Passport

## To prepare

- Fast for at least 8 hrs - plain water is allowed. Unless you opted for a 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 opted for a 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

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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 Tele-review**

### THINGS TO TAKE NOTE

- Corporate rates are extended to **employee's immediate family members**.
- 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.