

PRE-SCREENING PREPARATIONS

Things to note:

- Fasting is required from 10pm onwards the day before the appointment – no drinks and food except for plain water.
- On the day of the appointment, drink at least 2 cups of plain water before coming to the clinic. Light refreshment will be provided after the fasting tests are done.
- If you are unwell, please reschedule your appointment as illness and medications (e.g. antibiotics) may affect your screening results.
- Please continue to take your chronic medications (e.g. hypertension, cholesterol) before coming for your health screening appointment. If you are a diabetic patient, please do not take your diabetic medications in the morning of your health screening appointment.

What to bring:

- Any record of your past medical report (up to 3 years prior), existing medications or any vitamin supplements, if any. X-ray films are not necessary.
- Identification documents (NRIC, passport, company's letter or staff pass) for verification and registration.

For stool analysis (stool for occult blood):

- Collect about 2 teaspoons of stool and place in a small, clean plastic container and label it with your name. You may collect your stools the night before (after 5pm), or in the morning of your health screening appointment.

For urine analysis:

- Your collection of urine should be done 5 days after the last day of your period or 2 weeks before the first day of your period so as not to affect test results.

For treadmill stress test:

- Please bring along your running shoes and sports gear.

For mammogram:

- Set your appointment about 1 week after your last day of menstruation.
- On the day of the appointment, do not use talcum powder, deodorant or body lotion on the chest.
- Do bring along mammogram films that were done up to 2 years' prior for comparison.

For ultrasound abdomen:

- Do not take any food at least 6 hours before the examination.
- If you are a smoker, please refrain from smoking on the day of your appointment until after your ultrasound has been completed.

For detailed eye screening:

- We would suggest to wear your spectacles instead of contact lens for eye screening.

For pap smear:

- Avoid sexual intercourse 48 hours before the test.
- Do not use spermicides, vaginal creams, lubricant jellies, vaginal medications or tampons 48 hours before the test.
- Your pap smear should be 5 days after the last day of your period or 2 weeks before the first day of your period so as not to affect test results.