

Guidelines on Health Check Preparation

Please note the following items according to the details of your physical examination plan:

General Examination Preparation

<p>Blood Test</p> <ul style="list-style-type: none"> Fasting (i.e., no food and drinks) is required for blood glucose and blood lipids test. Please fast for at least 8 hours before the scheduled appointment. (Moderate amount of drinking water is allowed).
<p>Stool Test</p> <p>If the examination includes stool test:</p> <ul style="list-style-type: none"> Please bring along a stool sample to the medical centre on the day of examination. Stool bottles can be obtained from any Quality HealthCare Physical Check-up centres. If a stool sample is taken from the night before, please ensure the bottle is tightly capped and refrigerated at 4°C. A stool sample should NOT be taken during the menstrual period.
<p>Treadmill Test (Exercise ECG)</p> <ul style="list-style-type: none"> Dress in casual clothing, preferably in sportswear and sports shoes. Do not apply lotion, oil, or powder to the chest area. Do not overeat prior to the examination. If you are taking any regular medications, please follow your doctor's dosage instructions before and after the examination.
<p>¹³C Urea Breath Test</p> <ul style="list-style-type: none"> The test can only be performed at least 4 weeks after Helicobacter Pylori (HP) antibiotic treatment. Please consult physicians if in doubt. Fasting (i.e. no food & drinks) for at least 6 hours.

Pre-marital Health Check-up Preparation

<p>Seminal Analysis</p> <ul style="list-style-type: none"> For gentlemen, please click here to read "Patient Instruction of Collecting Semen for Seminal Analysis" for preparation.

Examination Preparation for Female

<p>Radiation Test</p> <ul style="list-style-type: none"> Pregnant women should not undergo any imaging which involves radiation emission (e.g., X-ray, Osteoporosis Screening).
<p>Pap Smear / HPV DNA Test / Urine Test</p> <ul style="list-style-type: none"> Should be performed at least 4 days after the last day of menstruation.
<p>Ultrasound of Breast</p> <ul style="list-style-type: none"> Do not apply perfume, deodorant, or talcum powder before the examination.
<p>Mammogram</p> <ul style="list-style-type: none"> Do not apply perfume, deodorant or talcum powder before the examination. If possible, should be performed 7 days after the last day of menstruation to minimize breast discomfort during the examination. Please bring along any previous mammogram film (if any) for reference.
<p>Ultrasound of Whole Abdomen* / Pelvis</p> <ul style="list-style-type: none"> If you will undergo Ultrasound of Whole Abdomen / Pelvis, drink a lot of water until you have a full bladder 30 minutes prior to the examination. <p>*Fasting for at least 6 hours prior to the examination.</p>
<p>Ultrasound of Breast vs. Mammograms</p>

- Breast ultrasounds assess inside body tissues using high-frequency sound waves and then transform the results into an ultrasound image. Unlike mammograms, no radiation is emitted during a breast ultrasound, making it safe for pregnant women.
- A mammogram is a screening tool that uses low-dosage X-rays to examine the breasts. However, you will be exposed to small amounts of radiation during a mammogram. It works by compressing the breasts between two plates and often, pressure is felt during this process.

Examination Preparation for Male

Ultrasound of Upper Abdomen* / Prostate

- If you will undergo an Ultrasound of Upper Abdomen / Prostate, drink a lot of water until you have a full bladder 30 minutes prior to the examination.

*Fasting for at least 6 hours prior to the examination.