

## **GENERAL INSTRUCTIONS FOR MEDICAL CHECK UP**

**Kindly find the following general instructions for your reference and further action:**

- ❖ Get enough sleep, at least 6 hours prior to the check-up. Lack of sleep may cause abnormal results such as blood pressure, heart beat & body temperature. The physician may not be able to assess if any change is a real abnormality;
- ❖ Do not eat or drink at least 8 to 10 hours prior to the check-up. Water, however may be freely taken to avoid dehydration effects on blood sugar & cholesterol test in the program;
- ❖ Hypertension medicine can be taken prior to your visit;
- ❖ Urine samples will be collected on the day of examination;  
*# For female applicant only: please postpone your medical examination during your menstruation*
- ❖ Please wear clothing allowing access to upper arm;
- ❖ Should you have any chronic illnesses or other health issues, please bring along any test results or medical report with you to assist in diagnosis;
- ❖ If pregnant, please inform the Customer Service upon registration to cancel the x-ray.

**If you are scheduled to perform a Stress Test:**

- ❖ Please bring your sport shoes;
- ❖ Should you need to consume any food before a stress test, please have a light snack and avoid any fatty foods, caffeine and alcohol;
- ❖ If you are under-going treatment or taking medication for any medical or physical condition, please notify the nurse in advance;
- ❖ If you are suffering any chest pain or breathing difficulty, please notify the nurse in advance.

**If you are scheduled to perform a Mammogram:**

- ❖ Please do not apply any powder, perfume or deodorant on your chest area;
- ❖ Please wear loose fitting clothing that is easy to remove i.e. baggy t-shirt or tops with front buttons instead of zippers behind.

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**If you are scheduled for a Pap Smear Test:**

- ❖ Two days prior to the test date – please avoid douching or using vaginal medication or any form of spermicide, tampons and any vaginal creams unless instructed by a doctor;
- ❖ Please also avoid having any sexual intercourse / copulation;
- ❖ All the above-mentioned could wash away or conceal abnormal cells which would hinder / obstruct an accurate testing.

**If you are have Colonoscopy included into your package:**

- ❖ Please inform us when you would like to have the test so as we may arrange an appointment for you;
- ❖ Kindly be informed that you will require two days of preparation prior to undertaking the test;
- ❖ You will also require two bottles of Fleet Phospho to clean your bowels a day before the test;
- ❖ You may obtain the Fleet from us directly – please advise us when so as we may arrange for it from the Specialist Clinic;
- ❖ If you were to purchase the Fleet directly from the Specialist Clinic – it would be chargeable