Pre-screening Preparations

Fast the night before
Your health screening appointment is normally scheduled in the morning. Please fast from 10pm the night before. You may drink plain water on the morning of your appointment.

Things to bring
- NRIC / passport / work permit and your past medical records
- Vitamin supplements and spectacles (if any)
- Urinalysis:
  • Urine Microalbumin / Creatinine Ratio: To detect early kidney disease
  • Uric Acid: To detect gout
  • Calcium Profile: To detect calcium deficiency
  • Fasting Glucose: To detect diabetes
  • Full Lipid Profile: To assess lipid levels and risk of cardiovascular disease
  • Kidney Profile: To assess kidney function
  • Liver Profile: To assess liver function
  • Mammography: To screen for breast cancer
  • PAP Smear: To detect cancer of the cervix at an early stage
  • Spirometry: To evaluate lung function
  • Stool Occult Blood: Detect bleeding from the digestive tract that is not obvious to the naked eye. Highly recommended as a screening test for colorectal cancer
  • Thyroid Profile: To screen for thyroid gland disorders
  • Tumour Markers: May be used to help diagnose certain tumours and monitor response to tumour treatment (Note: Due to their low sensitivity and specificity, these tests are not recommended to be used alone for cancer detection)
  • Ultrasound Upper Abdomen: To assess five major organs in the abdomen, namely the gallbladder, kidney, liver, pancreas and spleen
  • Ure Acid: To detect gout
  • Urinalysis: A microscopic examination to screen for routine urinary conditions and early kidney disease
  • Urine Microalbumins / Creatinine Ratio: To detect early kidney disease

Mammography
Do not apply perfumes, deodorants, talcum powder or body lotion before your mammography session. Bring along previous mammogram films (if any). Arrange for your session about one week after the last day of your menstruation for best results. Unless there are specific risk factors, mammography is NOT recommended if you are below 40 years old. If you are breastfeeding, you should ideally stop for about 6 months before doing a mammography.

Treadmill
- Consume a light meal before the test, but abstain from butter, cream, coffee / tea and alcohol.
- Be properly attired; wear jogging shoes, shorts and a T-shirt. Ladies should wear a sports brassiere, tube top or any tight T-shirt to prevent excessive breast movement during the run (other types of brassieres are not to be worn during the run).
- Men with hairy chests should shave off their chest hair before coming for the test.
- Please inform the doctor or nurse if you are on drugs such as Oxygens (heart pills), nitroglycerins, beta blockers (Propanolol, Atensol), calcium antagonists and isosorbides.

To make an appointment, call 6244 6688 (during office hours) or visit www.sata.com.sg

All information is correct at the time of print and is subject to change without prior notice.
**Lite $254.66** (with GST) 1289 (before GST)

- **Blood Profile**
  - Haemoglobin
  - White Blood Cell
  - Differential Count
  - PCV
  - Platelets
  - Red Blood Cell
  - Red Cell Indices
  - Alkaline Phosphatase
  - Peripheral Blood Film (PBF)
  - Hepatitis B Screening (MCV, MCH, MCHC)
  - Creatinine

- **Liver Profile**
  - Albumin
  - Total Protein
  - A/G Ratio
  - Bilirubin
  - Total Bilirubin

- **Full Lipid Profile**
  - Cholesterol Total
  - Triglycerides
  - HDL Cholesterol
  - Low Density Lipoprotein (LDL)
  - Very Low Density Lipoprotein (VLDL)

- **Coagulation Tests**
  - Fibrinogen

- **Consultation**

**Premium $511.46** (with GST) 1789 (before GST)

- **Blood Profile**
  - Haemoglobin
  - White Blood Cell
  - Differential Count
  - PCV
  - Platelets
  - Red Blood Cell
  - Red Cell Indices
  - Alkaline Phosphatase
  - Peripheral Blood Film (PBF)

- **Liver Profile**
  -Albumin
  - Total Protein
  - A/G Ratio
  - Bilirubin
  - Total Bilirubin

- **Full Lipid Profile**
  - Cholesterol Total
  - Triglycerides
  - HDL Cholesterol
  - Low Density Lipoprotein (LDL)
  - Very Low Density Lipoprotein (VLDL)
  - High Density Lipoprotein (HDL)

- **Coagulation Tests**
  - Fibrinogen

- **Consultation**

**Elite (Male) $661.26** (with GST) 1919 (before GST)

- **Blood Profile**
  - Haemoglobin
  - White Blood Cell
  - Differential Count
  - PCV
  - Platelets
  - Red Blood Cell
  - Red Cell Indices
  - Alkaline Phosphatase
  - Peripheral Blood Film (PBF)
  - Hepatitis B Screening (MCV, MCH, MCHC)
  - Hepatitis B and Anti-HCV Screening

- **Liver Profile**
  - Albumin
  - Total Protein
  - A/G Ratio
  - Bilirubin
  - Total Bilirubin

- **Full Lipid Profile**
  - Cholesterol Total
  - Triglycerides
  - HDL Cholesterol
  - Low Density Lipoprotein (LDL)
  - Very Low Density Lipoprotein (VLDL)
  - High Density Lipoprotein (HDL)

- **Coagulation Tests**
  - Fibrinogen

- **Consultation**

**Elite (Female) $789.66** (with GST) 1778 (before GST)

- **Blood Profile**
  - Haemoglobin
  - White Blood Cell
  - Differential Count
  - PCV
  - Platelets
  - Red Blood Cell
  - Red Cell Indices
  - Alkaline Phosphatase
  - Peripheral Blood Film (PBF)
  - Hepatitis B Screening (MCV, MCH, MCHC)
  - Hepatitis B and Anti-HCV Screening

- **Liver Profile**
  - Albumin
  - Total Protein
  - A/G Ratio
  - Bilirubin
  - Total Bilirubin

- **Full Lipid Profile**
  - Cholesterol Total
  - Triglycerides
  - HDL Cholesterol
  - Low Density Lipoprotein (LDL)
  - Very Low Density Lipoprotein (VLDL)
  - High Density Lipoprotein (HDL)

- **Coagulation Tests**
  - Fibrinogen

- **Consultation**

**Options**

- **Tumour Markers for Male**
  - Tumour Markers A $58.85
    - AFP
    - CA 15-3
    - PSA
  - Tumour Markers B $101.45
    - CA 72.4
    - CA 19-9
    - CA 125
    - CA 15-3
  - Tumour Markers C $66.36
    - Ferritin
    - Calcitonin
  - Tumour Markers D $112.35
    - CA 125
  - Liver and Bone Markers $98.90

- **Tumour Markers for Female**
  - Tumour Markers E $74.90
    - CA 125
    - CA 15-3
  - Tumour Markers C $66.36
    - Ferritin
    - Calcitonin
  - Tumour Markers D $112.35
    - CA 125
  - Liver and Bone Markers $98.90

- **Bone and Joint**
  - Osteoporosis (DEXA)
  - Bone Density (Bone Scan)

- **Women’s Health**
  - Menopause
  - Pap Smear

- **Vaccinations**
  - Hepatitis A Vaccination $88.81/dose
  - Hepatitis B Vaccination $31.03/dose
  - Hepatitis A & B (inactivated) Vaccination $78.06/dose
  - Flu Vaccination $32.50/dose

- **Others**
  - Treadmill $231.86
  - HIV Test $19.26

Terms & conditions apply. The above packages are available at all of our medical centres (Tanjong Pagar Clinic serves Lite and Deluxe package only). The prices and content of the packages (indicated herein) are subject to prices and availability of the tests at the discretion of SATC Health without prior notice. Customers are advised to check the prevailing prices and content of their health screening packages on the day of health screening. Items declined in the above packages will not be refunded or exchanged.