**Recommended Tests For:**

- **Elderly**
  - Eye Screen - Retinal Photography and Tonometry (Glaucoma)
  - Bone Densitometry
  - Helicobacter Pylori Serology
  - Fertility Screen
  - Tumour Markers

- **Females**
  - Eye Screen - Retinal Photography and Tonometry (Glaucoma)
  - Premarital Profile
  - Menopausal Profile
  - Cervical Pap Smear
  - Mammography
  - Tumour Markers
  - STD Test
  - Mammography
  - Bone Densitometry
  - Helicobacter Pylori Serology

- **Males**
  - Premarital Profile
  - Fertility Screen
  - Tumour Markers
  - STD Test
  - HIV

**Screen For Early Detection**

- Bone Mineral Density: To screen for evidence of thinning bones
- Blood Profile: To analyse all the different cell components of blood
- C-Reactive Protein: To detect inflammatory responses in the body and assess risk of cardiovascular disease.
- Calcium Profile: To detect calcium deficiency
- Chest X-Ray: To screen for tuberculosis and other lung and heart related problems
- Consultation: Detailed medical history, complete physical examination and explanation of results
- Exercise Stress Test / Treadmill: To assess response of the heart to stress (exercise)
- 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 each organ: To screen for evidence of organ enlargement or other abnormalities
- Urinalysis: A microscopic examination to screen for routine urinary conditions and early kidney disease
- Urine Microalbumin / Creatinine Ratio: To detect early kidney disease
- Urine Sediment: To screen for evidence of infection
- Urine VD: To screen for evidence of infection

**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**

- NRC / passport / work permit and your past medical records (up to three years ago), existing medications, vitamin supplements and spectacles (if any).

**Unusual**

- For ladies, this should be done about three days after the last day of your menstruation.

**Stool collection**

- You may collect your stool one day before or on the morning of your appointment. Please collect about two teaspoons of stool sample and place in a small, clean plastic container.

**Pap smear**

- This should be done about one week after the last day of your menstruation.

**Health screening during pregnancy**

- X-Ray and mammography will not be done for pregnant women.

**Mammography**

- Do not apply perfumes, deodorants, talcum powder or body lotion before your mammogram 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 shorts, shirts and 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.
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Terms & conditions: Applicable prices are available at all of our medical centres (Tanjong Pagar Clinic accepts Essential and Lite packages only). The prices and content of the packages indicated herein are subject to revision from time to time at the sole discretion of SATTA CommHealth 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 detailed in the above packages will not be substituted at any time.