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 (up to three years ago), existing medications, vitamin supplements and spectacles (if any).

Urinalysis

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

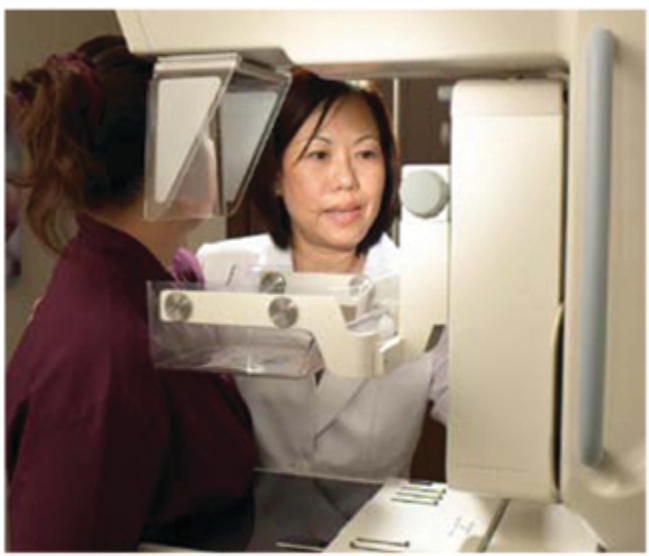
X-Ray and mammography will not be done for pregnant women.

Mammography

Do not apply perfume, deodorant, 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 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 Digoxin (heart pills), nitroglycerin, betablockers (Propanolol, Atenolol), calcium antagonists and isosorbides.



All information is correct at the time of print and is subject to change without prior notice.