

Health Screening Guide

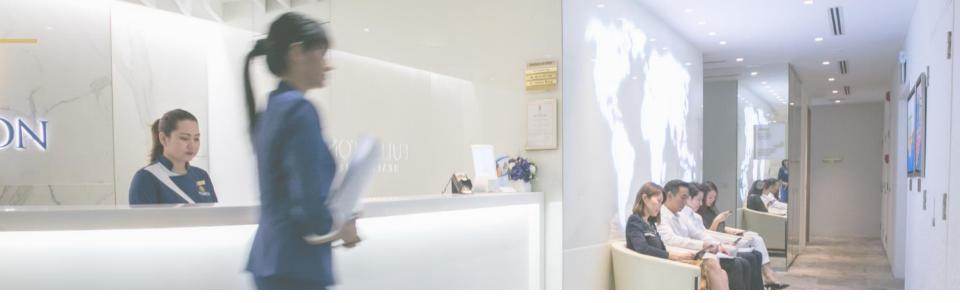
Thank you for choosing Fullerton Health!

This guide will help you understand what to do **before, during and after** your health screening.

We are committed to providing you with quality care and look forward to being of service to you.

For more information, please contact us at: +65 6333 3636 or ehs@fullertonhealth.com





Complete our pre-screening questionnaire here



BRING ALONG

- NRIC / Passport / Employment Pass / Work Permit
- Recent medical reports and films this is highly encouraged
- [For corporate clients] Company Letter / Authorization Letter / Staff Pass
- [If applicable] Medication or supplements to take after your tests
- [If applicable] Letter of Guarantee from your Insurance Company



MEDICATION AND SUPPLEMENTS

- Regular medication for the heart and high blood pressure are allowed
- <u>Delay other routine medication / supplements</u> until you have completed the tests that require fasting, e.g. insulin for diabetes



BLOOD TEST

- √ <u>8 hours of fasting is required</u> to achieve accurate results (e.g. fasting glucose and lipid panel tests)
- ✓ Avoid food and alcoholic beverages, plain water is allowed





X-RAY

Not recommended for pregnant women or anyone who has done a similar x-ray less than 6 months ago

ULTRASOUND SCANS

- Refrain from smoking on the day of your appointment until your scans have been completed, as smoking may affect the quality of the scan
- ✓ ULTRASOUND ABDOMEN / LIVER: 8 hours of fasting is required to achieve accurate results
- ✓ ULTRASOUND PELVIS (FOR WOMEN ONLY): Drink at least 5-6 glasses of water and avoid urinating an hour before the scan, as a full bladder is required for better visualisation of results



EYE EXAMINATION

- ✓ Remove your contact lenses at least 30 mins before the eye test
- ✓ You are encouraged to wear spectacles to your appointment





TREADMILL

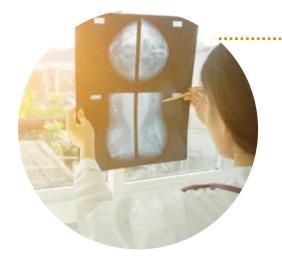
- ✓ Bring your sports attire, e.g. T-shirt, running shorts and shoes
- ✓ Your chest should be cleanly shaven (the area between your collar bone and your navel) to allow the electrodes to adhere to your skin
- Consult your doctor prior to stopping medication 3 days before this test, e.g. beta-blockers (propranolol or atendiol)
- ✓ Avoid caffeinated drinks / food before the test
- ✓ Lockers and shower facilities are available for use after the test only available at Ngee Ann City (Level 26) and Ocean Financial Centre (note: facilities are outside of the clinic premises)
- \checkmark The test will be completed within 20 30 mins



STOOL OCCULT TEST

- Collect a specimen container from a Fullerton Health clinic after booking your appointment; alternatively, collect the container during your appointment and submit the sample to a Fullerton Health clinic the following day
- Collect the sample after 5pm the night before or on the morning before submitting the sample
- ✓ Avoid red meat and iron supplements 3 days before collecting the sample
- Avoid contact with urine or water, and pass stool directly onto a clean, dry surface in order to collect a sample with the spatula provided





MAMMOGRAM (for women only)

- ✓ Not recommended for pregnant women
- Book your appointment at least 1 week after the last day of your menstruation
- Avoid using deodorant, perfume, powder or cream under your arms or on your chest area as it may interfere with the quality of the scan
- Bring along your most recent mammogram films and reports if you would like to have a comparison made, <u>or</u> submit them to our Radiology Department within 3 working days after your appointment





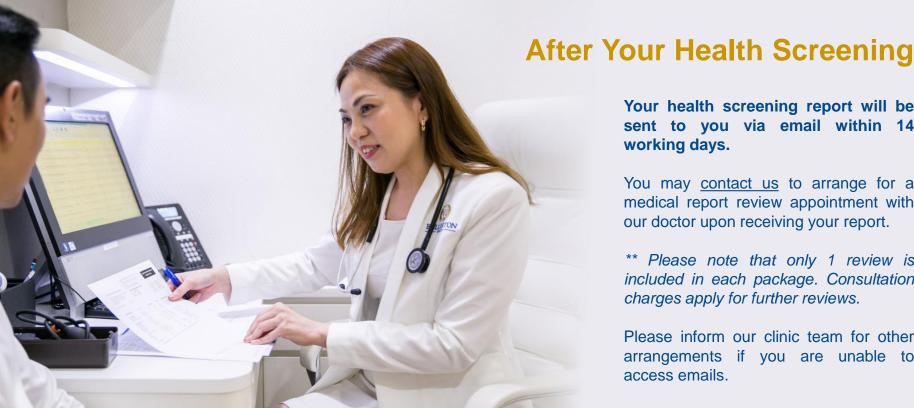
During Your Health Screening

- WOMEN

PAP SMEAR, URINE AND STOOL TESTS

- Complete these tests <u>10 days after</u> the last day of your period, or <u>2 weeks before</u> the first day of your next period
- If you are having your period on the day of your appointment, inform the clinic team upon arrival so that a separate appointment can be arranged to complete the tests
- ✓ Pap smear: At least 48 hours before, avoid sexual intercourse and the use of spermicides, vaginal creams, lubricant jellies, vaginal medications or tampons





Your health screening report will be sent to you via email within 14

working days.

You may contact us to arrange for a medical report review appointment with our doctor upon receiving your report.

** Please note that only 1 review is included in each package. Consultation charges apply for further reviews.

Please inform our clinic team for other arrangements if you are unable to access emails.

Any changes to your scheduled appointment must be made at least 48 hours before.

You may reschedule your appointment online or contact our Executive Health Screening team at ehs@fullertonhealth.com or +65 6333 3636 (Option 3).

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