



Before Your Health Screening



COVID-19 VACCINATION ADVISORY

- **Mammogram / Ultrasound Breast:** Please arrange your appointment before your COVID-19 vaccination, or until at least 6 weeks from the date of your 2nd dose
- **Other vaccines (Hep A / B, Flu etc):** Please arrange your appointment before your COVID-19 vaccination, or until at least 2 weeks from the date of your 2nd dose



Before Your Health Screening

Kindly refer to your appointment confirmation email for the unique link to your Health Screening Questionnaire

BRING ALONG



- NRIC / Passport / Employment Pass / Work Permit
- Recent medical reports and films – *this is highly encouraged*
- [For corporate clients, *where applicable*] 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
- Delay other routine medication / supplements until you have completed the tests that require fasting, e.g. insulin for diabetes

Before Your Health Screening



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 / HBS:**
8 hours of fasting is required to achieve accurate results. Please note that plain water is **allowed**
- ✓ **ULTRASOUND PELVIS (FEMALE) / PROSTATE (MALE) / ULTRASOUND KIDNEY, URETERS, BLADDER (KUB):**
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

X-RAY / MAMMOGRAM

- ✓ **X-RAY:** Not recommended for pregnant women and anyone who has done a similar x-ray less than 6 months ago
- ✓ **MAMMOGRAM:** 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, **or** submit them to our Radiology Department within 3 working days after your appointment

Please note that mammogram is only available at our health screening centre @ Ngee Ann City, Level 26.

Before Your Health Screening

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 atenolol)
- ✓ 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)*
- ✓ The test will be completed within 20 – 30 mins

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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 in the morning before submission of stool. Submission is only acceptable before 3pm on weekdays and before 11am on Saturday at any Fullerton Health clinic
- ✓ 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



URINE TEST

- ✓ Only Midstream Urine is required
- ✓ Urinate a small amount into the toilet bowl and then start **collecting** your **urine** into the container. You do not have to fill the container to the brim. **Do not touch the inner part of the container*
- ✓ Complete these tests 10 days after the last day of your period, or 2 weeks before 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





During Your Health Screening

– WOMEN



PAP SMEAR, URINE AND STOOL TESTS

- ✓ Complete these tests 10 days after the last day of your period, or 2 weeks before 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

After Your Health Screening

Your health screening report will be sent to you via email within 14 working days (excluding weekends, PH and eve of PH).

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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