

PREPARING FOR YOUR HEALTH SCREENING

Please bring along your identification card (NRIC or passport), current medical reports/results and films for comparison if any.

DO I NEED TO FAST?

Yes. Your last meal should be 10 hours before the scheduled screening. Having food or flavored drinks before the screening will cause the results to be inaccurate.

CAN I DRINK PLAIN WATER?

Yes.

I AM CURRENTLY ON MEDICATION. DO I NEED TO STOP?

No. Continue taking all the medications based on doctor's advice except the diabetes medication on the morning of the appointment. Bring along any medications and inform our health screening staff.

DO I NEED TO BRING MY READING GLASSES?

Yes. Bring along your glasses for eye checks and do not wear contact lenses.

FOR TREADMILL TESTS:

For men with hairy chest, do bring along your running gear and please shave your chest if it is hairy.

If you are taking beta blockers, please inform the staff when booking.

FOR LADIES:

Inform our staff if you are pregnant or suspect that you are pregnant.

Kindly ensure that you are not menstruating when you come for your appointment. (At least 1 week before menstruation or 7 days from the last day of menstruation)

Do not apply lotion or powder on the chest area if you are doing mammogram.