

## **General Preparation Guidelines for Health Assessment**

- Eight hours of fasting will be required should your assessment programme include diabetic screening, lipid profile screening or abdominal ultrasound imaging. Your checkup centre will advise you in advance should fasting be required for any other tests. Alternatively, you may confirm this with the checkup centre prior to the examination date.
- If you are currently using any medication, please continue to use it but inform the clinic staff when you attend for the checkup.
- Please reschedule the assessment if you are feeling unwell on the day of the examination. Where possible, contact UMP Medical Centre at least one working day in advance if cancellation or changing of your appointment is necessary.
- If your assessment includes a stool exam, please bring along a stool specimen on the day of your assessment; any clean container with a secure lid will do, or you may pick up a container in advance from any of our Medical Centres. Please provide your urine sample at the Medical Centre on the examination day; a special container will be provided for this.

### **Special Attention for Female Examinees**

- Pregnant women should not undergo any imaging which involves radiation emission (e.g. X-ray).
- Please do not schedule your appointment during your menstrual period if your checkup program includes a pap test or urine test. You are advised to arrange your examination 2 weeks before or after menstruation.

### **NOTE**

- Preparation varies depending on the tests to be conducted. Please inform our staff when you arrange your booking should you intend to undergo any optional check(s) during your assessment. Our staff will remind you of any special preparation which may be required.

## Preparation Guidelines for Special Examination

Examination procedure	Why and how the procedure is done	Preparation required
1. Treadmill Exercise ECG	To evaluate how the heart responds to the demands of physical activity. To detect some heart conditions which cannot be detected under resting conditions. A resting ECG is included before the test for screening heart conductivity and rhythm abnormality.	Bring along or wear a pair of running shoes and sports attire for the test.
2. Upper Abdominal Ultrasound	By means of reflecting high-frequency sound waves to produce a picture of organs in the upper abdomen – such as liver, gallbladder, spleen, pancreas and kidneys – to detect abnormalities in any of these organs.	Minimum of 6 hours fasting prior to the examination is required.
3. Colonoscopy	This is a procedure that uses a thin, flexible endoscope with a built-in camera attached to check for abnormalities or disease in your lower intestine or colon. During a colonoscopy, the doctor may also take tissue samples for biopsy. He or she may	Either a low-residue or full liquids diet is recommended for the 3-4 days before the examination. Special medication and other preparation may be required; please consult doctor / clinic in advance. As a sedative is used during the test,

	also remove abnormal tissue such as polyps.	the examinee is suggested to have someone to accompany them home after the procedure.
4. DEXA (Dual Energy X-ray Absorptiometry) – Spine & Hip	Two X-ray beams with different energy levels are used to determine the bone density. This is widely used to diagnose and follow up osteoporosis. Individuals with relevant risk factors, especially menopausal women, are susceptible to bone mass loss and recommended for DEXA screening.	No special preparation is required.
5. Mammography	Using low dose x-rays as a diagnostic and screening tool for early detection of breast cancer, typically through detection of characteristic masses and/or microcalcifications.	Do not use any deodorant, perfume, talcum powder, or ointments on your breasts. Please bring along your previous mammogram film (if any) for the doctor's reference.
6. Breasts Ultrasound	By using high frequency-sound waves to help in determining if any abnormality shown in a mammogram is solid or fluid-filled in nature. It can also help show additional features of the abnormal area. It also	Do not use any deodorant, perfume, talcum powders, or ointments on your breasts when attending for the procedure.

	helps distinguish between cysts and solid masses.	
7. Pelvic Ultrasound	By using high-frequency sound waves to construct images of the organs and structures in the pelvis including the ovaries, uterus, cervix, fallopian tubes and bladder of women. It detects any abnormalities or pathologies such as ovarian cysts or uterine fibroids in these structures.	You will be asked to drink 4 to 6 glasses of water about an hour before the scan to fill your bladder. A full bladder pushes the intestines (which contain air) out of the way from the pelvic organs. It is important to show all the required images.
8. Pap Smear	By opening the vaginal canal with a speculum and collecting cells from the outer opening of the cervix of the uterus and the endocervix. It is used to detect potentially pre-cancerous and cancerous processes in the endocervical canal of the female reproductive system.	Your menstruation will affect the accuracy of the test. It is recommended to undertake this exam 2 weeks before or after menstruation.
9. Lung Function Test	The test determines how much air your lungs can hold and how quickly you can move air in and out of your lungs. It can help to diagnose lung diseases, measure the	No special preparation is involved. Individuals suffering from infectious respiratory disease should consult their doctor first.

	severity of lung problems, and check to see how well treatment for a lung disease is working.	
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