

INSTRUCTIONS REGARDING EXECUTIVE SCREENING PROGRAMME

The medical checkup is done in TWO parts; screening will be done in the morning whereas review and discussion of the results will be done in the afternoon within 7-10 working days after the screening.

1. FASTING – NO FOOD OR DRINKS EXCEPT FOR PLAIN WATER ONLY

Fast from midnight, the night before your appointment i.e. 00 hours 01 minutes on the day of your appointment.

2. ECG STRESS (TREADMILL) TEST

If Stress Test has been arranged, please bring along comfortable clothing and sport shoes to exercise in.

3. MEDICATIONS

If any prescribed medications or drugs are being taken please list the names and the dosage of the drugs down. Please bring along the medications on the day of your appointment.

N.B. This **excludes Vitamins and Supplements** (Example Evening Primrose Oil or Cod Liver Oil, etc.)

If you are on any medication for **high blood pressure or heart disease** you **can** take your medication with plain water on the morning of your appointment.

If you have **diabetes, do not** take your medication on the morning of your appointment.

4. FEMALE CLIENTS ONLY

Due to the effect on the urine and cervical smear results and to facilitate comfort it is essential that female clients are not menstruating.

For any radiological investigations (e.g. mammograms, x-rays, scans, etc), please come between the 1st to the 10th day of menstruation. But if you plan to include a pap smear on the same visit, please come from between the 8th to 10th day of your menstruation. After the 10th day of menstruation no radiological investigations will be done except for those who are on some form of contraception (oral, parenteral, mechanical, surgical). This is to prevent exposure to radiation in undiagnosed pregnancy.

Female clients to bring along their latest mammogram films and report (if any).

5. MALE CLIENTS ONLY

If a PSA test is arranged, please refrain from any sexual activities for 3 days before your appointment.

6. GUARANTEE LETTER

If applicable, kindly fax us a copy of the guarantee letter and present the original copy from the company verifying the client and payment arrangement.

If there are any queries, please contact the Health Screening Centre Coordinators at 03 – 41413282 between 0900 hrs to 1700 hrs (Monday to Friday) and 0900 hrs to 1300 hrs (Saturday).

Updated 20/04/2011