

## Check-up Preparation Guideline



### Eye Test

Please bring along your visual aid (i.e. glasses or contact lens) if required.



### Blood Collection

- Fasting for 8 hours before the test (i.e no eating or drinking, except plain water)
- Pregnant ladies, or any persons suffering from bleeding disorders or receiving anti-coagulant therapy are advised to consult your family doctors prior to receiving the services



### Stool Collection

- Stool bottle can be obtained from our Blue Care Medical Centre
- Please use a small clean container with lid to collect the sample at home the night before or in the morning of the examination day.  
Sample collected should not exceed 24 hours.



### Treadmill Test

- Please bring along sportswear for the test
- Please do not smoke or drink any alcohol and caffeine drinks before the test.
- Stop the anti-hypertensive medication (beta-blocker) on the morning of the test.



### Ultrasound

- Upper Abdomen – fasting for at least 6 hours (i.e. no eating and drinking) prior to the examination.
- Pelvis / Prostate – Please drink a lot of water until you have full bladder prior to examination.
- Other body part – Please follow the preparation instruction from the clinic staff.
- Please bring along previous film and reports (if any).



### Urea Breath Test for H. pylori

- Please have fasting for 8 hours before the test (i.e. Do not eat or drink (including water) or taking any medication)
- Please avoid smoking prior to the test
- Please avoid having any antibiotic or gastric medication (such as bismuth salts or proton pump inhibitors) 14 days prior to the testing
- For post eradication evaluation, the test should not be carried out earlier than 4 weeks after the treatment
- The test should not be used for patients with gastrectomy



### Female Test ♀

- Ladies in menstruation is not suitable for pap smear. Please schedule a cervical Pap smear exam between the 10th and 20th day after the completion of the menstrual period
- Refrain from having vaginal intercourse within 48 hours before the exam
- Avoid using douches, vaginal suppositories, lubricants, spermicides, or any other vaginal preparations within 48 hours before the exam



### Mammogram ♀

- Please bring along previous mammogram film (if any)
- Pregnant ladies should not take tests which involve radiation emission
- On the day of examination, please do not apply underarm deodorant lotion or powder