

## Check-up Preparation Guideline 體檢須知

### 1. Blood collection 抽血測試

- a. Fasting for 8 hours before the test (i.e. no eating or drinking, except plain water).  
檢查前 8 小時不可飲食 (清水除外)。
- b. 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.  
孕婦或接受抗凝血劑藥物之人士進行驗身前，應先諮詢家庭醫生意見。

### 2. Eye Tests 視力測試

Please bring along your visual aid (i.e. glasses or contact lens) if required.  
如需配戴眼鏡或隱形眼鏡，請帶同眼鏡或隱形眼鏡進行體檢。

### 3. Stool collection 大便檢查

- a. 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.  
請在驗身前一天或當日早上預備大便樣本，樣本須存放在於清潔及有蓋的密封容器內，並須於 24 小時內交回醫療中心。
- b. Stool bottle can be obtained from our Blue Care Medical Centre.  
閣下亦可向寶康醫療中心索取樣本膠瓶。

### 4. Treadmill Test 運動壓力心電圖

- a. Please bring along sportswear for the test.  
請自備運動服裝。
- b. Please do not smoke or drink any alcohol and caffeine drinks before the test.  
測試前，請勿吸煙、飲酒或飲用含咖啡因的飲品。
- c. Stop the anti-hypertensive medication (beta-blocker) on the morning of the test.  
如現服用 beta-blocker 降血壓藥物，請於測試當日早上暫停服用此藥物。

### 5. Mammogram 乳房 X-光造影

- a. On the day of examination, please do not apply underarm deodorant lotion or powder.  
體檢當日請勿塗抹止汗劑或爽身粉。
- b. Please bring along previous mammogram film (if any).  
請帶備前次檢查的報告及 X-光片以作對比。

## 6. Female Test 婦科檢查

- a. Pregnant ladies should not take tests which involve radiation emission (i.e. x-ray, mammogram, bone density screening (DEXA) etc).  
懷孕婦女不適合進行任何放射性檢查 (如：X-光檢查、乳房 X-光造影、骨質密度檢查等)。
- b. Ladies in menstruation is not suitable for pap smear, urine and stool test.  
行經中的女士不宜進行柏氏子宮頸塗片檢查及大小便測試。

## 7. Urea Breath Test Preparation for H. pylori 幽門螺旋菌吹氣測試

- a. Please have fasting for 8 hours before the test (i.e. Do not eat or drink (including water) or taking any medication).  
受檢者檢驗前需禁食 8 小時，避免飲食(包括清水)及服用任何藥物。
- b. Please avoid smoking prior to the test. 避免吸煙。
- c. Please avoid having any antibiotic or gastric medication (such as bismuth salts or proton pump inhibitors) 14 days prior to the testing.  
受檢者需檢驗 14 日前停服用任何抗生素及胃藥 (如 bismuth salts or proton pump inhibitors)
- d. For post eradication evaluation, the test should not be carried out earlier than 4 weeks after the treatment. 對於治療後的病人則需在療程結束 4 周後才進行測試。
- e. The test should not be used for patients with gastrectomy.  
此檢驗不適合部分或全胃切除手術後的病人。

## 8. Ultrasound 超聲波掃描

- a. Upper Abdomen – fasting for at least 6 hours (i.e. no eating and drinking) prior to the examination.  
上腹部 – 檢查前 6 小時不可進飲食。
- b. Pelvis / Prostate – Please drink a lot of water until you have full bladder prior to examination.  
盆腔 / 前列腺 – 請於檢查前盡量飲大量清水，使膀胱充盈。
- c. Other body part – Please follow the preparation instruction from the clinic staff.  
其他部位 – 請依照診所職員給予的檢查前指示作好準備。
- d. Please bring along previous film and reports (if any).  
請帶備前次檢查的相關相片及報告以作對比。