National University Hospital

THE WELLNESS CENTRE

NUH Wellness Centre

Health Screening Guide

This guide shares information that you need to know before coming for your health screening at NUH Wellness Centre and on how to prepare yourself for some of the tests that you will be undergoing. Please feel free to contact the NUH Wellness Centre if you have any further enquiries regarding your health screening.

What Do I Need to Bring?

01 Identification: NRIC/work permit/passport

02 If you are coming for corporate health screening provided by your company, please bring along your company letter/email or staff pass/any form of verification which is dependent on the arrangement between your company and the NUH Wellness Centre

Your Journey

(may vary depending on health screening package)

01 Verification of personal information

02 Complete pre-health screening questionnaire to help your doctor understand your health, lifestyle and family history

03 Consultation with doctor

04 Blood/ urine test

05 Electrocardiogram (ECG)

06 Vision test

07 Radiology scans (if applicable)

08 Enjoy complimentary refreshment

09 Review results with doctor in the afternoon, face to face or teleconsultation (based on your preference)

11 Payment (if applicable)

10 Referral to specialists (if necessary)

Before Your Health Screening Appointment

- Fasting for 10 hours before your health screening is required.
- During this fast, no food and beverages are allowed. Please have only sips of plain water to ensure better accuracy for your blood cholesterol and sugar test results.
- One hour before your appointment, please drink 2 to 3 cups of plain water so that you will have sufficient urine sample for the analysis.
- Do not consume your diabetes medication (including insulin) on the day of your appointment. Please bring them along instead.
- All other routine medications can be consumed with sips of plain water on the day of appointment.
- If you are unwell, please arrange for your health screening to take place seven days after you have recovered.

Women

- It is advisable to book your appointment either seven days after your last day of menstruation or before the next menstruation cycle (around day 10 - 14 of your menstrual cycle).

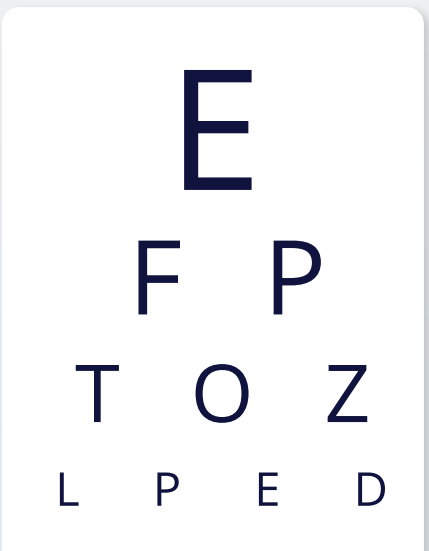
- If you are menstruating on the day of your appointment, please reschedule your appointment as the presence of blood will produce inaccurate results for the urine, stool and cervical cancer screening (Pap smear / HPV tests).

Pap Smear/HPV Test (If applicable)

- Please arrange for your appointment at least seven days after your last day of menstruation.

- Avoid sexual intercourse 48 hours before your pap smear test.

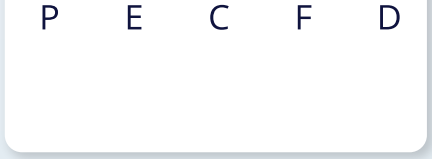
- Do not use insert anything into the vagina (e.g. spermicides, vaginal creams or medication, lubricant, or tampons) 48 hours before your Pap smear test.



Preparing for the Procedures/Tests

Eye Examination and Tonometry

- Wear or bring along your spectacles.



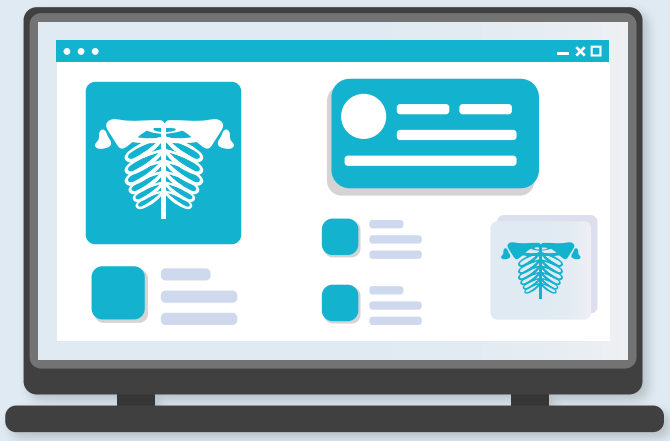
- Remove your contact lens at least 30 minutes before your appointment, and bring along your lens casing and solution to store your contact lens.

Stool Analysis (If applicable)

- Collect your stool sample container from NUH Wellness Centre on the day or a day before your appointment if possible.
- Collect your stool sample (about 2 teaspoons) and place it within the container using a scoop.

Mammogram (If applicable)

- Please do not undergo mammogram if you are pregnant.
- For the best mammogram results, please schedule your appointment about seven days after your last day of menstruation.
- Wear a two-piece outfit (e.g. blouse with a skirt or pants) for the mammogram.
- On the day of the appointment, do NOT use talcum powder, deodorant or body lotion on the chest, as these may affect the X-ray results.
- Please bring along previous mammogram films (if any).
- Please note that occasionally, the radiologist may request for a breast ultrasound or additional investigation for further evaluation after your mammogram. These will incur additional charges.

X-ray (If applicable)

Not recommended for pregnant women or those who have done a similar X-ray less than 6 months ago.