

HEALTH SCREEN PREPARATION TIPS 預防篩檢前準備

Patient preparation prior to 病人須知：

Laboratory tests

- Prior to testing, maintain a normal diet and avoid strenuous exercise for 2-3 days. Light exercise is acceptable.
- If you are on medication (e.g. diabetes, heart etc.) you should contact your family doctor regarding how you should prepare before testing.
- Please have a light dinner on the evening before a health screen. Avoid alcohol for 24 hours prior to the appointed day of the health screen.
- After dinner, fast for at least 12-14 hours before your appointment.
- Plain water can be taken as required - it is important not to dehydrate. Have a glass of water when you wake up in the morning.
- If you need a stool test, bring a small amount of stool sample packed in a clean plastic/glass container.
- If you need a urine test, you may collect it at the doctor's clinic or at our laboratory. If you are menstruating, a clean-catch, midstream urine should be acceptable. However, if collecting a clean-catch urine is a problem, it may be better to collect the sample within one week after the menstruation. (See urine collection procedure).

Pap smear

- For women planning to have a pap test, the best time for it is between 10 and 20 days after the first day of the last menstrual period, or follow your doctor's instructions.

X-rays

- X-rays are not recommended for women who are pregnant. If you have done a similar X-ray less than 6 months ago, ask your doctor whether it is necessary to do another one.
- For women planning to have a mammogram, the best time for it is about 7 days after the last day of menstruation.
- Do not use creams, lotions or talcum powder on the day of the examination.

Mammogram

- A mammogram may not be recommended if you are pregnant.
- If you have had a previous mammogram, please give it to the doctor for comparison.

Treadmill (Exercise ECG test)

- Please wear sneakers and comfortable clothing for this test.
- We recommend that you have a light meal before this test.

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健康檢查準備小貼士

化驗測試

- 準備健康檢查前，請正常飲食、盡量避免做劇烈運動二至三天。可選擇適量運動。
- 長期藥物服用者(如糖尿、心臟等)，檢查前請諮詢你的家庭醫生。
- 檢查前一天，應進食清淡的晚餐及二十四小時前避免飲酒。
- 檢查前一天，晚餐後直至檢查前最少空腹十二至十四小時。
- 檢查當天，早上起床後可飲一杯清水。
- 如要進行大便測試，請收集少量大便樣本於一乾淨的容器內。
- 如要進行小便測試，請到醫生診所或本化驗所收集中段小便。(女士於行經期間及後一星期內不可進行小便測試。)

柏氏細胞塗片

- 婦女於經期的第一天開始計算，十至二十天內進行檢查，最為適合，或遵從醫生的指示。

X光檢查

- 建議懷孕婦女勿進行X光檢查。如你在六個月內曾經進行過類似的X光檢查，請諮詢你的醫生是否有此需要。

乳房X光造影檢查

- 婦女於經期後七天進行乳房X光造影檢查，最為適合。
- 檢查當天，請勿使用乳霜、乳液及爽身粉等用品。
- 建議懷孕婦女切勿進行乳房X光造影檢查。
- 如曾經進行過上述檢查，請攜帶舊照片，作為對比之用。

運動心電圖

- 請穿著運動鞋及舒適的服裝。
- 檢查前可以進食少量食物，避免太餓或太飽。

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