

# PREPARATION FOR



## MAMMOGRAM

- You are recommended to schedule for appointment 5-10 days after menstruation.
- Kindly notify our staff if you are pregnant or if suspected to be pregnant before the procedure.
- Please do not apply any powder, perfume or deodorant on your chest area and under your armpit.
- Please wear loose fitting clothing that is easy to remove i.e. baggy t-shirt or tops with front buttons instead of zippers behind and easy wear scarf / 'tudung'.
- Please do not wear jewellerys during procedure e.g. long necklace, hanging earrings.



## ULTRASOUND ABDOMEN AND PELVIS

- Ultrasound Abdomen and Pelvis requires full bladder. Before undergoing a pelvic ultrasound, you will be required to drink several glasses of water.
- Fasting for 4-6 hours is required before the procedure.



## PAP SMEAR TEST (Thin Prep)

- It is best to schedule your screening appointment 5 days after the last day of your menstruation.
- Two days prior to the test date – please avoid douching or using vaginal medication or any form of spermicide, tampons and any vaginal creams unless instructed by a doctor.
- Please also avoid having any sexual intercourse / copulation.
- All the above-mentioned could wash away or conceal abnormal cells which would hinder / obstruct an accurate testing.
- It is advised to pass urine before doing Pap smear. The pressure on the pelvic area might make you feel more uncomfortable if you have a full bladder.



## CHEST X-RAY

- Kindly notify our staff if you are pregnant or if suspected to be pregnant before the procedure.
- Please wear loose fitting clothing that is easy to remove i.e. baggy t-shirt or tops with front buttons instead of zippers behind and easy wear scarf / 'tudung'.
- Please do not wear jewellerys during procedure e.g. long necklace, hanging earrings.
- For female patients with long hair, kindly bring hair tie to bun hair up during the examination.



## STRESS TEST

- Bring along an additional change of clothes and appropriate footwear.
- Should you need to consume any food before a stress test, please have a light snack and avoid any fatty foods and caffeine.
- If you are under-going treatment or taking medication for any medical or physical condition, please notify the nurse in advance.
- If you are suffering any chest pain or breathing difficulty, please notify the nurse in advance.



Health Screening should be done preferably when you are in **normal health condition**, (eg) no fever, flu or diarrhea etc.



**Fast 8-10 hours prior to your screening** appointment time. However, you may drink plain water during this fasting period.



**DO NOT consume any form of alcohol 48 hours** before your health screening.



The screening process may take **approximately 3-4 hours**.



**If you are on medication**, please inform your health screening nurse.

## WHAT TO BRING



**Personal registration identification card (NRIC) or passport** (for foreigners).



**Bring along eye glasses** if you do wear them occasionally.



You may bring along **sweater or shawl**.



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**ParkCity Medical Centre**



# Health Screening Packages



GENERAL SCREENING PROFILE

- Blood grouping (ABO & Rh)
  - Erythrocyte sedimentation rate (ESR)
  - Full blood count (FBC)
  - Fasting glucose
  - Lipid profile
- Liver function profile
  - Renal profile
  - Calcium
  - Inorganic phosphate
  - Free Thyroxine(FT4)
- Hepatitis B screening profile
  - HIV Ag/Ab combo screening
  - Syphilis screening - Rapid Plasma Reagin (RPR)
  - Uric acid

	Care	Care Plus
Clinical & cardiac assessment		
Vital signs and physical examination	✓	✓
Resting ECG	✓	✓
Lab investigation		
General screening profile	✓	✓
Urine analysis	✓	✓
Imaging assessment		
Chest X-ray	✓	✓
Abdomen & pelvis ultrasound		✓
Body composition muscle & fat analysis (DEXA)		✓
Consultation		
Dietitian nutritional assessment with body fat assessment	✓	
Consultation by health screening doctor	✓	✓
PACKAGE PRICE (RM)	460	700
Light refreshment included		

Men

	Care	Care Plus
Clinical & cardiac assessment		
Vital signs and physical examination	✓	✓
Resting ECG	✓	✓
Exercise stress test ECG with Cardiologist report	✓	✓
Lab investigation		
General screening profile	✓	✓
HBA1C	✓	✓
Helicobacter Pylori antibody	✓	✓
Hepatitis A Virus IgG antibody (HAV IgG)	✓	✓
Hepatitis C antibody (HCV IgG)	✓	✓
Rheumatoid factor (RF)		✓
Urine analysis	✓	✓
TUMOUR MARKERS	Liver - Alpha Fetoprotein (AFP)	✓
	Pancreatic - Cancer Antigen 19.9 (CA 19.9)	✓
	Colorectal - Carcinoembryonic Antigen (CEA)	✓
	Prostate - Prostate Specific Antigen (PSA)	✓
Imaging assessment		
Chest X-ray	✓	✓
Abdomen & pelvis ultrasound	✓	✓
Body composition muscle & fat analysis (DEXA)		✓
Other assessment/screening		
Hearing screening		✓
Lung function test		✓
Vision screening		✓
Consultation		
Dietitian nutritional assessment with body fat assessment	✓	
Consultation by health screening doctor	✓	✓
PACKAGE PRICE (RM)	1200	1600
Light refreshment included		

Women

	Care	Care Plus	Care Premium
Clinical & cardiac assessment			
Vital signs and physical examination	✓	✓	✓
Resting ECG	✓	✓	✓
Exercise stress test ECG with cardiologist report		✓	✓
Lab investigation			
General screening profile	✓	✓	✓
HBA1C	✓	✓	✓
Helicobacter Pylori antibody	✓	✓	✓
Hepatitis A Virus IgG antibody (HAV IgG)	✓	✓	✓
Hepatitis C antibody (HCV IgG)	✓	✓	✓
Rheumatoid factor (RF)		✓	✓
Urine analysis	✓	✓	✓
Pap smear (thin prep)	✓	✓	✓
TUMOUR MARKERS	Liver - Alpha Fetoprotein (AFP)	✓	✓
	Pancreatic - Cancer Antigen 19.9 (CA 19.9)	✓	✓
	Colorectal - Carcinoembryonic Antigen (CEA)	✓	✓
	Ovarian - Cancer Antigen 125 (CA 125)	✓	✓
	Breast - Cancer Antigen 15.3 (CA 15.3)	✓	✓
Imaging assessment			
Chest X-ray	✓	✓	✓
Abdomen & pelvis ultrasound	✓	✓	✓
Bilateral breast ultrasound	✓		
Bilateral breast ultrasound OR mammogram		✓	✓
Body composition muscle & fat analysis (DEXA)			✓
Spine, lumbar & hip density (DEXA)			✓
Other assessment/screening			
Hearing screening			✓
Lung function test			✓
Vision screening			✓
Consultation			
Dietitian nutritional assessment with body fat assessment	✓	✓	
Consultation by health screening doctor	✓	✓	✓
PACKAGE PRICE (RM)	1200	1800	2200
Light refreshment included			