

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.



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



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



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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Member of **ASIA ONEHEALTHCARE**

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			