

Check-up Preparation Guideline



Eye Test

- Please bring along your visual aid (i.e. glasses or contact lens) if required



Blood Collection

- Fasting for 8 hours prior to the examination (water is permitted)
- Pregnant women or individuals taking anticoagulant (blood-thinning) medication should consult their family doctor before undergoing the health check



Urine / Stool Collection

- Stool bottle can be obtained from Blue Care Medical Centre
- Women who are menstruating should not undergo a urine/stool test
- 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



Treadmill Test

- Dress in casual clothing, preferably in sportswear and sports shoes
- Please do not apply lotion, oil, or powder to the chest area
- Please do not smoke or drink any alcohol and caffeine drinks before the test
- Stop the anti-hypertensive medication (beta-blocker) on the morning of the test



Urea Breath Test for H. pylori

- Fasting for 8 hours before the test (i.e. Do not eat or drink (including water) or taking any medication)
- Please avoid smoking prior to the test
- Please avoid having any antibiotic or gastric medication (such as bismuth salts or proton pump inhibitors) 14 days prior to the testing
- For post eradication evaluation, the test should not be carried out earlier than 4 weeks after the treatment
- The test should not be used for patients with gastrectomy

Check-up Preparation Guideline for Male



Ultrasound Upper Abdomen* / Prostate

- Please drink a lot of water until you have full bladder prior to examination
- Please bring along previous film and reports (if any).
- *Fasting for at least 6 hours (i.e. no eating and drinking) prior to the examination



Seminal Analysis

- Semen should be collected after **3 – 5 days of sexual abstinence** to ensure optimal semen quality and quantity
- Wash your hands and genital area thoroughly with soap and water before collection
- The specimen must be obtained **by masturbation only** and not by interrupted sexual intercourse (withdrawal method)
- Use a **new, sterile container** for collection
- Collect **the entire ejaculate** into the container and record the exact time of collection
- Semen collected in a condom will **not be accepted** for analysis

Check-up Preparation Guideline for Female



Radiation Test

- Pregnant women should not undergo any imaging which involves radiation emission (e.g., X-ray, Mammogram, DEXA)



Pap smear ♀/ HPV DNA Test ♀

- Ladies in menstruation is not suitable for pap smear. Please schedule a cervical Pap smear exam between the 10th and 20th day after the completion of the menstrual period
- Refrain from having vaginal intercourse within 48 hours before the exam
- Avoid using douches, vaginal suppositories, lubricants, spermicides, or any other vaginal preparations within 48 hours before the exam



Ultrasound Pelvis

- Please drink a lot of water until you have full bladder prior to examination
- Please bring along previous film and reports (if any)



Ultrasound Upper Abdomen

- Fasting for at least 6 hours (i.e. no eating and drinking) prior to the examination
- Please do not apply perfume, deodorant/antiperspirant, or body powder
- Please bring along previous film and reports (if any)



Mammogram ♀

- Please perform 7 days after the last day of menstruation to minimize breast discomfort during the examination
- Please bring along previous film and reports (if any)
- Please do not apply perfume, deodorant/antiperspirant, or body powder

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