

體格檢查須知



視力測試

如需配戴眼鏡或隱形眼鏡，請帶同眼鏡或隱形眼鏡進行體檢



抽血測試

- 檢查前 8 小時不可飲食 (清水除外)
- 行經中的女士不宜進行小便測試
- 孕婦或接受抗凝血劑藥物之人士進行驗身前，應先諮詢家庭醫生意見



大便檢查

- 可到寶康醫療中心預先索取樣本膠瓶
- 行經中的女士不宜進行大便測試
- 請在驗身前一天或當日早上預備大便樣本，樣本須存放在於清潔及有蓋的密封容器內，並須於 24 小時內交回醫療中心



運動壓力心電圖

- 請自備運動服及運動鞋
- 測試前，請勿吸煙、飲酒或飲用含咖啡因的飲品
- 如現服用 beta-blocker 降血壓藥物，請於測試當日早上暫停服用此藥物



超聲波檢查

- 上腹部 – 檢查前 6 小時不可進飲食
- 盆腔 ♀ / 前列腺 ♂ – 請於檢查前半小時盡量飲大量清水，使膀胱充盈
- 其他部位 – 請依照診所職員給予的檢查前指示作好準備
- 請帶備前次檢查的相關相片及報告以作對比



幽門螺旋菌吹氣測試

- 檢查前需禁食 8 小時，**避免飲食(包括清水)**及服用任何藥物。
- 避免吸煙
- 受檢者需檢驗 14 日前停服用任何抗生素及胃藥 (如 bismuth salts or proton pump inhibitors)
- 對於治療後的病人則需在療程結束 4 周後才進行測試



柏氏子宮頸塗片檢查 ♀

- 行經中的女士不宜進行柏氏子宮頸塗片檢查，建議在經期結束後的第 10 至 20 天進行子宮頸抹片檢查
- 檢查前 48 小時內請避免進行性行為
- 檢查前 48 小時請避免灌洗陰道、使用殺精藥、陰道塞藥



乳房 X-光造影 ♀

- 請帶備前次檢查的報告及 X-光片以作對比
- 體檢當日請勿塗抹止汗劑或爽身粉
- 懷孕婦女不適合進行任何放射性檢查 (如：X-光檢查、乳房 X-光造影、骨質密度檢查等)

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 before the test (i.e no eating or drinking, except plain water)
- Pregnant ladies, or any persons suffering from bleeding disorders or receiving anti-coagulant therapy are advised to consult your family doctors prior to receiving the services



Stool Collection

- Stool bottle can be obtained from our Blue Care Medical Centre
- 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

- Please bring along sportswear for the test
- 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.



Ultrasound

- Upper Abdomen – fasting for at least 6 hours (i.e. no eating and drinking) prior to the examination.
- Pelvis / Prostate – Please drink a lot of water until you have full bladder prior to examination.
- Other body part – Please follow the preparation instruction from the clinic staff.
- Please bring along previous film and reports (if any).



Urea Breath Test for H. pylori

- Please have 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



Female 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



Mammogram ♀

- Please bring along previous mammogram film (if any)
- Pregnant ladies should not take tests which involve radiation emission
- On the day of examination, please do not apply underarm deodorant lotion or powder