



## 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)
- 行經中的女十不宜進行小便測試
- 孕婦或接受抗凝血劑藥物之人十進行驗身前,應先諮詢家庭醫生意見



- 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 封容器内,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♀

- 行經中的女十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**



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

**Eye Test** 



- 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 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.



- 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.



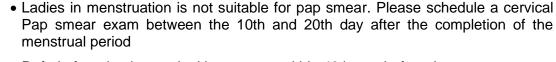
Ultrasound

- 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





- 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



- 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