

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