

## Preparation for Examination 體格檢查須知

### General Examination Preparation 一般檢查須知

#### **Blood Test 血液檢驗**

- Fasting (i.e. no food and drinks) is required for blood glucose and blood lipids test. Please fast for at least 8 hours before the scheduled appointment. (Moderate amount of drinking water is allowed)  
如需進行空腹血糖或血脂脂肪測試，請於體檢 8 小時前開始禁食（可飲適量清水）

#### **Stool Test 大便檢驗**

- Please bring along a stool sample to the medical centre on the day of examination. Stool bottle can be obtained from any Quality HealthCare Physical Check-up centres  
請於檢查當天携同大便樣本到醫療中心，樣本膠樽可提前向任何一間卓健醫療體檢中心索取
- If stool sample is taken from the night before, please ensure the bottle is tightly capped and refrigerated at 4°C  
倘若大便樣本於一天前留取，瓶蓋必須緊閉及冷藏於攝氏 4°C
- Stool sample should NOT be taken during menstrual period  
大便樣本不應在月經期間留取

#### **Treadmill Test (Exercise ECG) 運動心電圖檢查**

- Dress in casual clothing, preferably in sportswear and sports shoes  
請穿著輕便的衣服，如運動褲及運動鞋
- Do not apply lotion, oil or powder to the chest area  
避免於胸口上塗上任何護膚品
- Do not eat too much prior to the examination  
檢查前不可過量進食
- If you are taking any regular medications, please follow your doctor's dosage instruction before and after the examination  
如正定期服用任何藥物，請遵照醫生吩咐，在指定時間內停止或繼續服用所需藥物

### Examination Preparation for Male 男士檢查須知

#### **Ultrasound of Upper Abdomen\* / Prostate 上腹\* / 前列腺超聲波檢查**

- If you will undergo Ultrasound of Upper Abdomen / Prostate, drink a lot of water until you have full bladder 30 minutes prior to the examination  
如進行超聲波上腹 / 前列腺檢查，請於檢查前半小時盡量飲大量清水，使膀胱充盈（急小便）
- \* Fasting for at least 6 hours prior to the examination  
檢查前至少 6 小時內不可進食

## **Examination Preparation for Female 女士檢查須知**

### **Radiation Test 放射性檢查**

- Pregnant women should not undergo any imaging which involves radiation emission (e.g. X-ray, Osteoporosis Screening)  
懷孕婦女不應進行任何放射性的檢查 ( 例如 X 光、骨質密度檢驗 )

### **Pap Smear\* / HPV DNA Test\* / Urine Test 柏氏子宮頸抹片\* / HPV DNA 測試\* / 尿液檢驗**

- Should be performed 4-10 days after the last day of menstruation  
請於月經完後 4-10 天內進行
- \* Women who have ever had sexual experience and are between the ages of 25 and 64 should have regular cervical smears and HPV DNA test  
曾有性經驗而年齡介乎 25 歲和 64 歲之間的婦女，應定期接受子宮頸細胞檢驗及 HPV DNA 測試

### **Ultrasound of Breast 乳房超聲波掃描**

- Do not apply perfume, deodorant or talcum powder before the examination  
進行此項檢查前，請勿塗抹香水、止汗劑或爽身粉

### **Mammogram 乳房造影圖**

- Do not apply perfume, deodorant or talcum powder before the examination  
進行此項檢查前，請勿塗抹香水、止汗劑或爽身粉
- If possible, should be performed 7 days after the last day of menstruation to minimize breast discomfort during the examination  
在可能的情況下，請安排於月經期完最後一天起計七天後進行，以減低對乳房造成之不適
- Please bring along any previous mammogram film (if any) for reference  
請帶同舊有的造影圖 ( 如有 ) 作參考之用

### **Ultrasound of Whole Abdomen\* / Pelvis 全腹\* / 盆腔超聲波檢查**

- If you will undergo Ultrasound of Whole Abdomen / Pelvis, drink a lot of water until you have full bladder 30 minutes prior to the examination  
如進行超聲波全腹 / 盆腔檢查，請於檢查前半小時盡量飲大量清水，使膀胱充盈 ( 急小便 )
- \* Fasting for at least 6 hours prior to the examination  
檢查前至少 6 小時內不可進食