

EXECUTIVE HEALTH SCREENING GUIDE



Thank you for choosing Fullerton Health for your health screening needs.

Please take your time to read through this easy to follow guide. It provides all the useful information to know before, during and after your health screening.

At Fullerton Health, our team of trained professionals is dedicated to providing you with the best possible experience, highest quality care and service.



Bring along

- Singapore NRIC/ Passport/ Employment Pass/ Work Permit
- Your company letter, Letter of Guarantee, Authorisation letter or staff pass where applicable
- Completed Health Screening Questionnaire that is found in the appointment confirmation email
- Medical Reports or Radiology films from last health screening



USEFUL INFORMATION



Fasting

- Please fast for at least 8 hours before your health screening appointment. Plain water is allowed
- Refrain from alcohol, smoking, and exercise for 8-12 hours before your blood test.

Medication & Supplements

- Regular medication for the heart & high blood pressure are allowed
- Delay other routine medication/ supplements until you have completed the tests that require fasting, e.g. insulin for diabetes

DURING HEALTH SCREENING

COVID-19 Vaccination Advisory

- Mammogram/ Ultrasound Breast/ Vaccines (Hep A, B, Flu etc.) are recommended either before your Covid-19 vaccination or at least 6 weeks after your 2nd or booster dose

Eye Examination

- It is advisable to wear spectacles on the day of your health screening. Otherwise, you will be required to remove your contact lenses at least 30 mins before the eye test

Stool Test*

- Prior to your appointment, you may collect a specimen container from any Fullerton Health clinic
- If the stool is not available on the day of the health screening, we will provide you with a specimen container. Submission is (only acceptable) strictly before 3pm on weekdays and before 11am on Saturday at any Fullerton Health clinics
- Avoid red meat & iron supplements 3 days before collecting the sample

Urine Test*

- Collect the urine, midstream directly into the container (half full)
- It is advisable to do it (Preferably done) 10 days after the last day of your period or 2 weeks before the first day of your next period
- If you are having your period on the day of your appointment, please inform the clinic team who will arrange a separate appointment for the urine collection

Xray

- Not for pregnant women
- Consult our doctor if test was done within the preceding 6 months

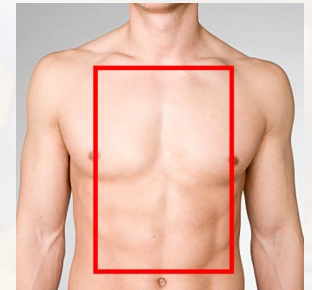
Note: *There is a validity of 2 months for deferment of tests

Thinprep - Female*

- At least 48 hours before your appointment, avoid sexual intercourse & the use of spermicides, vaginal creams, lubricant jelly, vaginal medications or tampons

Treadmill

- Consult your doctor prior to stopping any beta-blocker medication (e.g. atenolol, propranolol) 3 days before your health screening
- Bring your sports attire: T-shirt, running shorts and running /sports shoes (no sneakers allowed)
- (For Females Only) Recommend to bring along / wear a fitted Sports Bra during the test to prevent motion artefact
- Avoid caffeinated food and drinks before the test
- Refrain from putting on moisturiser
- **Your chest (between your collarbone and navel) should be shaven to allow the electrodes to adhere to your skin**



Mammogram - Female

- Not for pregnant women
- Avoid applying moisturizers, perfume or powder on chest or under arms
- It is recommended to be done at least 1 week after the last day of your menstruation

Ultrasound Scans

- Refrain from smoking on the day of your appointment
- Fast for at least 8 hours for Ultrasound Abdomen/ Liver/ HBS. Plain water is allowed
- Full bladder is required for Ultrasound pelvis, prostate, kidney, ureter, bladder (KUB). Drink at least 5-6 glasses of water and avoid urinating an hour before the scan

WHAT TO EXPECT AFTER YOUR HEALTH SCREENING?



Health Screening Report

- Your Health screening report will be sent to you via email within 14 days. Hard copy report will not be provided.

Doctor Review

- Your package includes a free medical review within 4 months from the date of your health screening
- For any additional review, a consultation charge will apply
- For the booking of your medical review appointment, you may:
 - ✓ Book a telemedicine review via the LiveFuller app
 - ✓ Contact us at 6333 3636 (Option 3) or
 - ✓ Email us at ehs@fullertonhealth.com for an in-person review

We hope this information is useful to you.

Prevention is better than cure.

Having a health screening is the first step towards a healthier you.