



## GUIDE & GETTING READY FOR A HEALTH SCREEN 美兆健康检查注意事项



3  
days ahead  
天前

Please maintain your normal diet and refrain from consuming alcohol.  
请保持正常饮食以及勿饮用任何酒精饮品。



2  
days ahead  
天前

For "Faecal Occult Blood Test", please collect your stool specimen immediately after defecation in within 1 to 2 days prior to the scheduled screening appointment.  
请于受检日前一至两天采集粪便样本。

Please follow the steps as per printed instruction contained in the test-tube apparatus and thereafter, fill in your name and date of sampling on the label of said tube.

请详阅『粪便潜血采便管使用须知』说明正确的采集粪便样本，并在采便管上注明姓名及采便日期。



12  
hours ahead  
小时前

Fasting is required. Please abstain from all type of food and beverages for at least 10 to 12 hours prior to the test except sips of plain water.

禁食是必需的。受检者请于受检日前一晚完全禁食（包括茶）至少10至12个小时，但少量的白开水是被允许的。

If you are a diabetic, please do not take medicine or insulin. Regular medications (eg. high blood pressure, heart/cardiac related, thyroidal) can be continued.

假如您是糖尿病病患，请勿服用降血糖药物或注射胰岛素。其他定期服用之药物（如高血压、心血管疾病、甲状腺药物）可继续服用。

The Health Evaluation Questionnaire (English version) is to be duly filled and completed at home prior to attending the scheduled screening to enable prompt conduct upon arrival and registration.

请于报到前在家中完整填写英文版的健康问卷。

## IMPORTANT NOTIFICATION TO THE FEMALE PATRON 女性受检者注意事项



If you are pregnant or alleged to be pregnant, please highlight to our staff as you are prohibited from the procedures of an X-ray and/or Pap Smear.

怀孕或可能受孕受检者，请勿进行X光相关检测以及子宫颈抹片检查。



If you are menstruating (experiencing period), you should not undergo the Pap Smear procedure, neither collect your urine nor stool sample for test. Proceeding with Ovarian Tumour marker test CA 125 is not recommended too.

女性受检者于月经期间请勿进行子宫颈抹片检查以及采集粪便或尿液检查样本。同时亦不建议进行卵巢肿瘤标记(GA125)的检验。

Pap Smear test is strongly recommended for those who have had sexual experience or engagement.

子宫颈抹片检测是强烈建议给所有曾发生过性行为的女性。



Conduct of MPA test is advisable or ideally be performed a week prior to commencement of menstrual period. Please avoid menstrual period from the 1st to 3rd day and ovulation period from the 13th to 17th day.

进行MPA检测的女性，建议在月经的一个星期前进行MPA检查；或请避开经期第1、第2和第3天以及第13、14、15、16、17天(排卵期)。



**MJ HEALTH**  
美兆国际健康管理

## ON THE DAY OF HEALTH SCREENING 检查当天



Please arrive at the centre within the time of your scheduled appointment. Your punctuality is appreciated and please keep in mind of the following items of which are to be presented upon registration :-

敬请依照排检预约的时间准时莅临健检中心, 非常感恩您的配合。请记得携带以下物件以作登记用途: -



**-NRIC (for a Malaysian) / Passport (for a Non-Malaysian)/ Letter from the Employer (for Client under Corporate Account).**

身分证(马来西亚公民)/ 护照(外籍人士)/ 公司证明档(企检会员)。



**-Duly filled Health Evaluation Questionnaire (English version).**

完整填写的英文版健康问卷。



**-Test-Tube Apparatus containing stool specimen for Faecal Occult Blood Test.**

已采集粪便样本的采便管。



**Please do not wear any jewellerys or undergarment with buttons or metal parts.**

受检时请勿携带贵重饰品, 且勿穿着有扣子或金属的内衣裤。



**For preciseness in the test on vision and ocular tension, short and long sightedness, please bring your pair of spectacles (if any) and do not wear contact lenses.**

配戴隐形眼镜者, 请改戴有框眼镜受检, 以免无法测试眼压。



**Presence of children at the centre is discouraged as ONLY the examinee is allowed entry into the examination zone.**

受检者请勿携带儿童陪检, 仅有受检者方可允许进入检查区。



**Test items in the Health Screening package are neither interchangeable nor exchanged for cash.**

所有已包含在健检配套中的检测项目是不被允许互换或兑换现金。