



Screening with Minmed

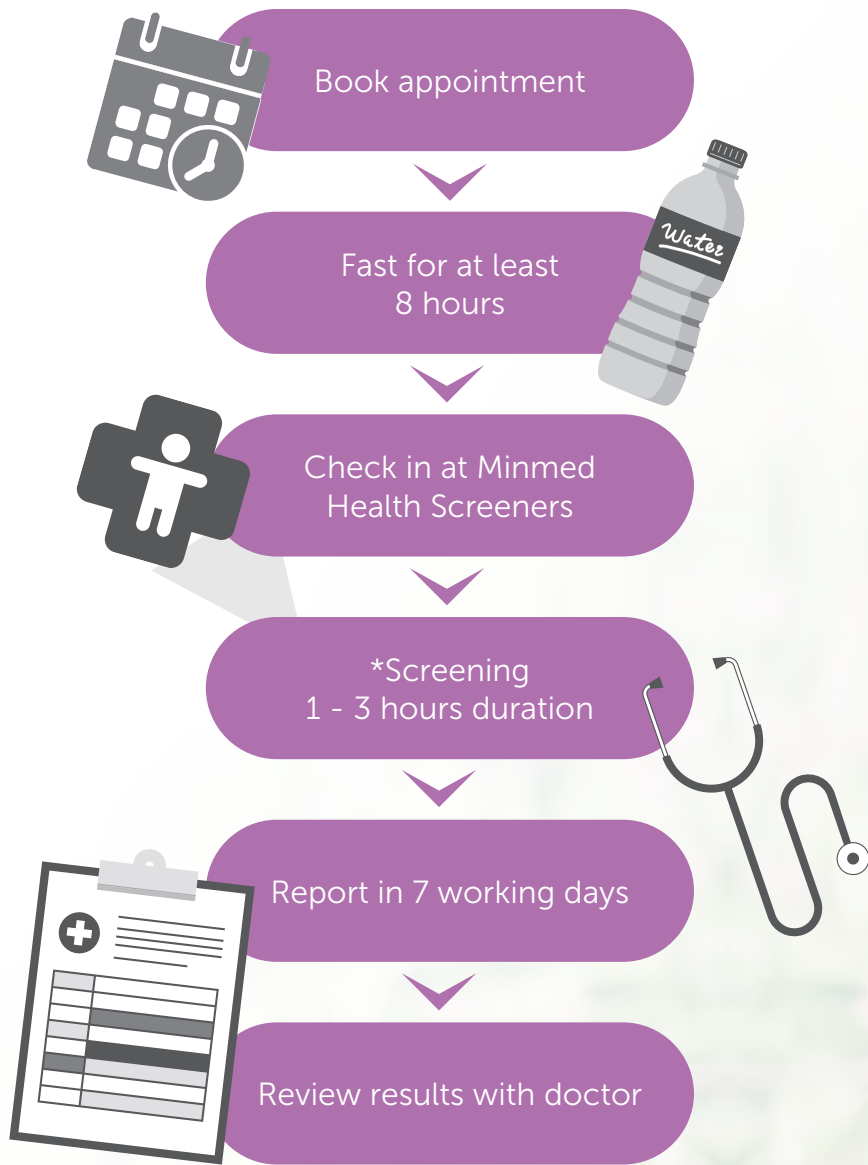
Thank you for choosing Minmed Health Screeners.

Getting a health screening done is simpler than you think.

We offer minimal fuss, tremendous value and an exclusive experience with our dedicated team at Paragon.

Let us bring you through the health screening with this guide.

Minmed's 6 Easy Steps



Health Screening Simplified

Bring Along:

- Identification - NRIC/Work Permit/Passport
- Company letter, authorisation letter or staff pass
- Medical report, radiology films from last health screening

Recommended to:

- Fast for at least 8 hours before your screening
- Drink plain water during fast
- Postpone your screening if feeling unwell
- Wear loose-fitting clothes (2 piece outfit for mammogram and PAP smear)
- Omit diabetic medication until after breakfast
- Consume regular chronic medications
- Do PAP smear/urine and stool test at least 5 days before or after menstruation

*Dependent on package components



Important Notes:

Eye examination

- Bring along spectacles (if any)
- Remove contact lens 30 mins before tonometry and retinal photography tests

Stool test

- Avoid consuming red meat and iron supplements 3 days prior

PAP smear

- Schedule appointment at least 5 days post menstruation
- Avoid sexual intercourse, use of spermicides, vaginal creams/medications, lubricants and tampons 48 hours before

X-ray

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

Mammogram

- Not for pregnant women
- Avoid applying moisturizers, perfumes or powder on chest or under arms
- Best done 5 days after menstruation (breasts are less tender)
- Consult our doctor if you had a mammogram less than a year ago

Ultrasound

- Avoid smoking
- Ultrasound Abdomen/Liver
 - fast at least 8 hours till after test completion
- Ultrasound Pelvis/Prostate
 - drink at least 5-6 glasses of plain water an hour before and avoid urination

Treadmill stress test

- Stop beta-blocker medications (eg: atenolol, propranolol) 3 days before
- Bring running attire, sports shoes and towel
- Take a light breakfast before test
- Avoid caffeinated drinks



What to expect after your screening

- Health screening report will be ready in 7 working days
- Review your health report with our doctor