

PHYSICAL EXAMINATIONS Preparation Guidelines

Day before appointment

- ✓ Please do not eat or drink anything after midnight except water. If a barium meal or breath test for detection of Helicobacter pylori infection is scheduled, you must not even drink water.
- ✓ Please complete your **Health & Lifestyle Survey Form**.
- ✓ Please complete the **registration form** (for new patient or existing patient with personal information changed and required to be updated).

Day of appointment

- ✓ Please arrive **at least 20 minutes before** your appointment time.
- ✓ Please report to the **Health Assessment Center** at 1/F upon arrival.

You are requested to bring along with you

- The completed **Health & Lifestyle Survey Form** and **registration form**.
- A stool specimen in a container with a secure lid. Stool specimens collected within one day of your appointment time are acceptable. The specimen should be collected in a suitable container with a secure lid and placed in the plastic bag.
- Urine sample – collect your urine in a sterile container provided and secure the lid. You may collect your urine in the hospital to avoid spillage.

Some advice on suitable clothing to ensure your comfort

Sneakers, sport wear and a towel are required for your **exercise stress test (running treadmill)**. A shower facility is available. Please bring a pair of rubber / plastic sandals (flip-flops) if you would like to take advantage of these facilities after the test.

Medication

Please continue to take your medication for **high blood pressure** on an empty stomach if needed. Bring along other medications to hospital and you can take them right after the examination if necessary.

Car parking fee

The car parking fee is HK\$20.00 per hour.

Bad weather arrangements

- In case of Typhoon Warning Signal No.8 or above is hoisted, your appointment will be automatically cancelled. Please call our Health Assessment Center on (852) 3651 8789 to arrange a new appointment.
- In case of Black Rainstorm Warning Signal has been hoisted, please call our Health Assessment Center on (852) 3651 8789 to confirm your appointment.

For female patients only

Mammogram examination

Please refrain from using any perfume or deodorant on the day of your examination, as these products may adversely affect the examination results. Please bring along any previous mammogram films for comparison purposes if you had it done in other center apart from our hospital.

Pap smear test

If you wish to have a pap smear test at the time of your health assessment, please avoid schedule your appointment at a time when you will be menstruating. An additional doctor's fee will be charged if you have to return for the pap smear test at a later date. Please call our Health Assessment Center on (852) 3651 8789 if you need to reschedule your appointment.

Others

How to reschedule your appointment

If you are unable to keep your scheduled appointment time, please contact our Health Assessment Center to reschedule your appointment **at least 48 hours in advance**.

Insurance claim forms

An additional fee may be charged if you require the doctor to complete any insurance forms.

Itemized price breakdown

Please be reminded that itemized price breakdown **will not be provided** as this is considered a package deal.

Payment Method

We accept cash and credit card, but we do not accept cheque.

Enquiries

Health Assessment Center

Address: 40 Stubbs Road, Hong Kong

Office Hours: Monday to Friday 8:30am – 5:00pm

Phone: (852) 3651 8789

Email: cohealth@hkah.org.hk

Website: www.hkah.org.hk

身體檢查服務 準備指引

檢查前一天

- ✓ 請在驗身日前一天晚上十二時後，禁食和停止飲用任何飲品（清水除外）。若須作鋇劑胃部造影檢查或胃部螺旋桿菌口腔空氣測試，清水也應避免飲用。
- ✓ 填妥**健康與生活方式調查問卷**。
- ✓ 填妥**註冊登記表**（適用於新客戶或需更新個人資料的現有客戶）。

檢查當天

- ✓ 請於預約時間**前最少二十分鐘**到達本院。
- ✓ 到達後，請上一樓與體檢中心接洽。

所需攜帶物品

- 已填妥的**健康及生活狀況調查問卷**和**註冊登記表**。
- 大便樣本應收集在有安全蓋子的合適容器中，然後放入塑膠袋內。請確保收集樣本的瓶蓋蓋好及/或擰緊。大便樣本可於驗身前一天收集。
- 小便樣本必須於驗身當天早上收集。請確保無菌容器的瓶蓋蓋好及/或擰緊，亦可考慮在醫院內收集小便樣本，以避免溢出。

合適衣着

請穿着或帶備運動服裝和運動鞋，及自備毛巾，以便進行**心臟耐力測試**。若閣下於運動後需使用淋浴設備，請帶備浴巾和拖鞋。

常規藥物指引

如有需要，可空腹繼續服用常規**降血壓藥**。
請停止服用其他常規藥物。如有需要，可攜帶藥物到本院，於體檢後服用。

泊車需知

閣下如駕車到本院接受檢查，本院的停車場收費為每小時港幣 20 元。

惡劣天氣安排

- 若八號或以上颱風警告信號於驗身日當天仍然懸掛，有關的驗身約會將會自動取消。請致電（852）3651 8789 聯絡體檢中心，重新預約。
- 若黑色暴雨警告信號於驗身日當天仍然懸掛，請致電（852）3651 8789 聯絡體檢中心，以確認有關預約。

女性客戶適用

乳房造影檢查

如預約了乳房造影檢查，檢查當天請勿使用任何護膚品，如香水、止汗劑或體香劑等。若曾在其他醫院或診所接受這項檢查，亦請於檢查當天帶同以往乳房造影檢查的菲林底片及報告前來，以作醫生診斷之用。

子宮頸塗片檢驗

若計劃於體檢當天進行子宮頸塗片檢驗，請確定驗身日為**非**月經週期。若因月經週期而未能進行此項檢驗及需另行安排檢驗日期，本院將收取有關之醫生費用。若有需要，請致電(852)3651 8789 聯絡體檢中心，更改驗身日期。

其他事項

更改驗身日期

若有需要更改或取消已確定之驗身日期和時間，請於原定時間**前最少四十八小時**通知本院體檢中心。

保險文件

若檢查當天須醫生填寫任何保險文件，醫生可能收取有關費用。

個別檢查項目的費用

閣下是次選用的身體檢查乃套餐計劃，恕不**不**提供各檢查項目的個別費用，請見諒。

付款方法

本院接受現金和信用卡，但不接受以支票繳付。

查詢

體檢中心

地址：香港司徒拔道 40 號

辦公時間：星期一至五 上午八時半至下午五時

電話：(852) 3651 8789

電子郵箱：cohealth@hkah.org.hk

網址：www.hkah.org.hk