

- 1) For the dinner of the previous day (normal meals can be eaten), avoid eating hot pot, buffet and seafood, so as not to affect the blood test index.
- 2) For choosing any fasting blood test or USG Hepatobiliary system Check-up Plan. Client should keep no food for at least 6 hours before the Health check-up appointment (avoid eating gum or sugar) and can drink a small amount of water only.
- 3) For save stool specimen issue: you can go to the Outpatient Department of Evangel Hospital to get a stool specimen bottle; or buy a clean twisted cap bottle yourself. You can save the stool specimen one night before the appointment or the same morning, the amount about 5 cents. And please indicate the time and date of defecation on the bottle.
- 4) For women client: If you need a Pap smear test (For cervical cancer investigation), you need to save a urine specimen before you see the doctor. You can check with the nurse station staff after registration.
- 5) People who need to take diabetes medicine should not take diabetes medicine on the morning of the Health check-up to avoid hypoglycemia. They can take breakfast and diabetes medicine after completing the fasting checkup procedure.
- 6) If you need to do a vision check, please bring glasses and no contact lenses.
- 7) Wear light-weight clothes avoid wearing stockings and a lot of accessories. Please wear sport clothing & shoes for treadmill examination if including at PE package.
- 8) Make sure you are not pregnant at the time of the Health check-up date to ensure safety period for X-ray examination. If the appointment date is in your menstrual period, it is recommended to change the appointment date.
- 9) If you choose the Bank Health Check-up Package with credit card discount, you must bring a valid credit card for payment.
- 10) Please go to the reception counter 20 minutes before the appointment time for registration.
- 11) For any enquiries, please call Outpatient Department at 2760 3447.