

## INSTRUCTIONS FOR HEALTH SCREENING

1. You are required to fast for at least 10 hours prior to the appointment. Please **DO NOT EAT or DRINK** after 12midnight the night before the appointment date. However, consumption of plain water is allowed. Fasting is required for accurate assessment of your glucose and cholesterol levels.
2. **AVOID** taking any medication on the morning of screening, unless otherwise advised by your physician. You may take the medication after the blood test.
3. Please bring along your previous medical records/films (if any) for evaluation.
4. For Ladies, it is advisable to book your appointment about 7-10 days after your last day of menstruation. Please inform our staff if you are, or suspect you are pregnant.
5. For Exercise Treadmill - Please bring along your sports attire and running shoes. **DO NOT** consume caffeinated drinks such as coffee and tea before the test. DO inform our staff if you have any pre-existing heart conditions/problems.
6. For Ultrasound Abdomen – **NO FOOD OR DRINKS** at least 6 hours before the examination.
7. For Mammogram – Refrain from applying perfume, powder or deodorant on the breast or armpits area. Please avoid this examination if you are, or suspect that you are pregnant.
8. For Pelvic & Prostate Ultrasound - You are encouraged to drink 4 glasses of plain water one hour before the test. DO NOT empty your bladder until the test is done.
9. Please bring along either your NRIC/ Passport (foreigners) for registration.
10. Please keep to the appointment time.
11. Kindly note that the entire health screening (depending on the package) will take **about 3-4 hours**.

### For appointments or enquiries

Please call 6789 8888 (Option 2 for health screening) or  
Email: [wellness@asiamedic.com.sg](mailto:wellness@asiamedic.com.sg).

### **AsiaMedic Wellness Assessment Centre**

350 Orchard Road, #08-00 Shaw House Singapore 238868

<b>Operating Hours:</b>	<b>Monday –Friday</b>	<b>8.30am – 5.30pm</b>
	<b>Saturday</b>	<b>8.30am –12.30pm</b>
	<b>Sunday &amp; Public Holidays</b>	<b>CLOSED</b>



### BY TAXI

Alight at Shaw Centre along Claymore Hill Road.  
 Proceed to Shaw Centre Car Park Lift Lobby.  
 Take lift to Level 10.

### BY BUS

Alight at bus stop (Bus No. 7, 36, 105, 111, 123, 132, 174, 174e, 502, 77, 106, NR8)  
 in front of Thai Embassy along Orchard Road.  
 Proceed to Shaw House Office Lobby (before Isetan entrance)  
 Take lift to Level 8.

### BY CAR

Enter Shaw Centre Car Park along Claymore Hill Road.  
 Proceed to Car Park Level 10.

### BY MRT

Alight at Orchard MRT Station. Use underpass to C.K.Tang.  
 Turn left to Shaw House and take escalator to ground floor.  
 Proceed to Shaw House Office Lobby (next to Isetan entrance).  
 Take lift to Level 8.