

Health Screening Guide

Health Enrichment Centre



What to Bring

✓ Identification Documents

- For verification and registration
E.g. NRIC, passport, company's letter or staff pass

✓ Medical Documents and Current Medications

- Bring any relevant medical reports (within the past 3 years), along with a list of your current medications or supplements, if applicable.
- X-ray films are not required.



Things to Note

- ✓ Fasting is required from **10pm the night before your appointment**. Do not consume any food or drinks, except plain water. Light refreshments will be provided after your fasting tests.
- ✓ On the day of your appointment, drink **at least 2 cups of plain water** before arriving at the clinic.
- ✓ **Continue taking your regular chronic medications** (e.g. for high blood pressure or cholesterol) before your appointment.
If you have diabetes, **do not take your diabetic medication** on the morning of your screening.
- ✓ If you are unwell, please reschedule your appointment. Illness and medications (e.g. antibiotics) may affect your screening results.



Your Health Screening Journey at TTSH HEC

The screening journey shown for your first visit may vary slightly depending on screening station availability.

First Visit

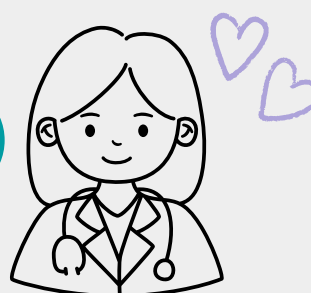
01

Registration

- Verification of personal information
- Complete pre-health screening questionnaire

Consultation with doctor

02



03

Screening Tools

- Height and weight
- Urine Test
- Stool Test
- Blood pressure check
- Electrocardiogram (ECG)
- Eye Test
- Blood test
- Other additional test(s)

End



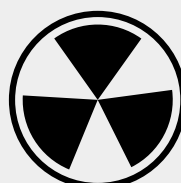
Enjoy complimentary refreshments

If you have a scheduled radiology scan that requires fasting, please consume the refreshments after the scan.

04

05

Radiology scans (if applicable)



Payment

06

08



Follow-up with specialists (if applicable)

Medical review with a doctor in 7–10 working days

07

Follow-up Visit

Preparing for Common Procedures



Eye Test

Avoid wearing contact lenses for the test.
Please bring along your spectacles.



Stool Analysis (Stool for Occult Blood)

Collect about **1 teaspoon of stool** and place it in a recycled, small, clean plastic container. Label the container with your name.

You may collect your stools the **night before (after 5pm), or on the morning** of your health screening appointment.



Urine Analysis

For the most accurate results, collect your urine sample **either 5 days after your period ends or about 2 weeks before your next period begins.**

Preparing for Common Procedures



Mammogram

Appointments are best scheduled about **1 week after the last day of menstruation**.

On the day of the appointment, **avoid using talcum powder, deodorant or body lotion on the chest**.

If available, please bring along any mammogram films from the past 2 years for comparison.



Pap Smear/HPV (Human Papillomavirus) Test

Avoid sexual intercourse, spermicides, vaginal creams, lubricant jellies, vaginal medications and tampons for 48 hours before the test.

The test is best done about **5 days after your period ends**, or about **2 weeks before your next period begins**.



Treadmill Stress Test

You may bring along your running shoes and sports attire for the test.



TTSH HEALTH ENRICHMENT CENTRE

Clinic 2B

Level 2, TTSH Medical Centre
11 Jalan Tan Tock Seng, Singapore 308433

Mondays to Fridays: 8.00 am to 5.30 pm
Saturdays: 8.00 am to 12.30 pm
Sundays and Public Holidays: Closed

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Book Your Appointment Here
for.sg/hecappt