



# MINMED HEALTH SCREENERS

*Executive Health Screening that  
you deserve.*



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# SCREENING CHECKLIST

## For X-ray

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

## For Eye Examination

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

## For 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

## For Stool Test

- Avoid consuming red meat and iron supplements 3 days prior

## For Ultrasound

- Avoid smoking
- Ultrasound Abdomen:  
Fast at least 8 hours till after test completion
- Ultrasound Pelvis: Drink at least 5-6 glasses of plain water an hour before and avoid urination

## For 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

## For Treadmill Stress Test

- Stop beta-blocker medications (eg: atenolol, propranolol) 3 days before
- Bring running attire, sports shoes, and towel
- You should not smoke or drink caffeinated drinks at least 3 hours before the test

## What do I need to bring?

- Identification - NRIC/ Work Permit/ Passport
- Medical report, radiology films from last health screening

## What do I need to do?

- Avoid heavy meals and stay hydrated with plain water before your appointment
- Wear loose-fitting clothes (2 piece outfit for mammogram and PAP Smear)