

Procedures for Physical Check-up 登記身體檢查程序：

1. Please make an appointment with the physical centre well in advance. Please call designated QHMS clinics (please refer to the clinic list for tel no.) directly or the Reservation Hotline 8100-8138 or email : booking@qhms.com

CS Code (plan code) must be provided for booking

體格檢查服務需要預約，請致電指定的卓健體檢中心（電話號碼請參閱體檢中心列表）或 預約體檢熱線 8100-8138 或 電郵至 booking@qhms.com

必須提供 CS Code (計劃代碼) 進行預約

2. Check-up will last approximately 1.5 - 2 hours, subject to plan of Check-Up.
檢查時間大約 1.5 - 2小時，視乎檢查計劃內容。

3. Present the valid identifier upon visit. Please bring along your HKID card.
檢查當日請帶同香港身份證以便核對確認身份。

4. Please wear comfortable clothing and sneakers in order to ease removal during certain investigations/test, e.g. Chest x-ray, ECG, stress ECG, taking of blood, etc...

請穿著輕便服飾及運動鞋，以便在進行某些檢查(如 X 光肺片檢驗、心電圖、運動心電圖、抽取血液樣本等)時容易除掉上衣。

5. Medical report for the health check plans shall be ready within 14 working days after the examination and will contact you for collection.

體格檢查之驗身報告將於檢查後 14 個工作天內完成及聯絡你提取報告。

Preparation for Examination 體格檢查須知

Blood Test 血液檢驗

- Fasting (i.e. no food and drinks) is required for blood glucose and blood lipids test. Please fast for at least 8 hours before the scheduled appointment. (Moderate amount of drinking water is allowed.).

如需進行空腹血糖或血脂肪測試，請於體檢 8 小時前開始禁食(可飲適量清水)。

Stool Test 大便檢驗

- If stool sample is taken from the night before, please ensure the bottle is tightly capped and refrigerated at 4°C.

倘若大便樣本於一天前留取，瓶蓋必須緊閉及冷藏於攝氏 4°C。

- Stool sample should NOT be taken during menstrual period.

大便樣本不應在月經期間留取。

- Please bring along the stool sample to the medical centre on the day of the examination. Stool bottle can be obtained from any QHMS Physical Centres.

請於檢查當天携同大便樣本到醫療中心。樣本膠瓶可向任何一間卓健醫療中心索取。

Special Note for Female Examinees 女士檢查需注意事項

- Pregnant women should not undergo any imaging which involves radiation emission (e.g. X-ray).

懷孕婦女不應進行任何放射性的檢查 (例如 X 光)。

Pap Smear* and Urine Test (For female) 柏氏子宮頸抹片*及尿液檢驗(女士)

- Should be performed 4-10 days after the last day of menstruation.

請於月經完後 4-10 天內進行柏氏子宮頸 抹片及尿液檢驗。

* Women who have ever had sexual experience and are between the ages of 25 and 64 should have regular cervical smears. If you have any questions or require further information, please consult your doctor or visit the Department of Health website

http://www.cervicalscreening.gov.hk/tc_chi/cs/cs_who.php

* 曾有性經驗而年齡介乎 25 歲和 64 歲之間的婦女，應定期接受子宮頸細胞檢驗。如有任何疑問或查詢，可請教你的醫生或瀏覽衛生署網頁

http://www.cervicalscreening.gov.hk/tc_chi/cs/cs_who.php

Mammogram 乳房造影圖

- Do not apply perfume, deodorant or talcum powder before the examination.

進行此項檢查前，請勿塗抹香水、止汗劑或爽身粉。

- If possible, should be performed 7 days after the last day of menstruation to minimize breast discomfort during the examination.

在可能的情况下，請安排於月經期完最後一天起計七天後進行，以減低對乳房造成之不適。

- Please bring along any previous mammogram film (if any) for reference.

請帶同舊有的造影圖（如有）作參考之用。

Ultrasound of Breast 乳房超聲波掃描

- Do not apply perfume, deodorant or talcum powder before the examination.

進行此項檢查前，請勿塗抹香水、止汗劑或爽身粉。

Treadmill Test (Exercise ECG) 運動心電圖檢查

- Dress in casual clothing, preferably in sportswear and sports shoes. 請穿著輕便的衣服，如運動褲及運動鞋。

- Do not apply lotion, oil or powder to the chest area. 避免於胸口上塗上任何護膚品

- Do not eat too much prior to the examination. 檢查前不可過量進食。

- If you are taking any regular medications, please follow your doctor's dosage instruction before and after the examination. 如正定期服用任何藥物，請遵照醫生吩咐，在指定時間內停止或繼續服用所需藥物。

Ultrasound of Upper / Whole Abdomen 上腹/全腹超聲波檢查

- Fasting for at least 6 hours prior to the examination. 檢查前至少 6 小時內不可進食。

- If you will undergo Ultrasound of Whole Abdomen, drink a lot of water until you have full bladder 30 minutes prior to the examination. 如進行超聲波全腹部檢查，請於檢查前半小時盡量飲大量清水，使膀胱充盈(急小便)。

Osteoporosis Screening 骨質密度檢驗

- If you are or could be pregnant, tell your doctor before the test. 女士如已懷孕或可能懷孕，必須於檢查前通知醫生。