

## HEALTH SCREENING @ RAFFLES MEDICAL – SHANGHAI

### 上海瑞和门诊部 - 体检服务

#### WHAT TO BRING 携带事项

- All medical records, recent Xray, Laboratory results and current medication(s).  
所有医疗报告，近期 X 光扫描片，化验报告以及服用药物
- Passport or other Identifications  
护照或其它身份证件
- Insurance card and/or Letter of Guarantee if your insurance company is paying for your health screening.  
医疗保险卡/如果您的保险公司为您的体检支付费用，请带好担保信

#### WHAT TO EXPECT 服务事项

- You can request to have a consultation with our doctors prior to your health screening. A discussion with the doctor will help address your concerns (if any) and help you to choose a package most suitable to your needs and current medical status.  
在体检前，您可以要求先咨询我们的医生。此类咨询将会更好得帮助我们关注您的健康问题并为您选择一套最适合您的体检套餐
- Breakfast is provided after your blood specimen has been taken. Please inform our staff if you are diabetic or have low blood sugar/pressure. We will arrange for your blood specimen to be collected immediately after registration, so that you can have your breakfast before continuing with your health screening.  
抽血后我们会为您提供早餐。如果您患有糖尿病或低血压，请及时告诉我们的工作人员。我们会在您登记之后马上安排为您抽血，以便您在体检之前吃早餐。
- The entire process of your health screening should be completed within 1-2 hours, after the reception staff has registered you, for a general package. More extensive packages and test items may/will require more time.  
在您在前台登记之后，整个体检流程大约需要 1-2 个小时。一些综合的套餐或许需要更长时间。
- Your health screening report will be ready in a week. The reception staff will make an appointment with you for your medical review with the attending doctor.  
您可以在体检一周后领取您的体检报告。我们的前台工作人员会和您电话联系，预约您的体检详查时间。
- Medical review can also be arranged with our Singapore clinic of your choice if preferred. (\*Note : Consultation fee is applicable for medical reviews in Singapore)  
如果您希望在我们新加坡的诊所进行体检详查，我们同样可以为您安排。（注意：在新加坡进行体检详查需交付当地的挂号费）

- We can make arrangements for Stool & Urine specimen bottles to be sent to your indicated address, 3 working days before your health screening appointment to enable collection of specimen in the comfort of your home, when requested.

根据您的要求，我们会在体检前 3 天将大便和尿液标本瓶寄往您指定的地址以方便您在家中收集样本

#### WHAT TO TAKE NOTE 注意事项

- If you are unwell on the day of your screening or is recovering from an illness (less than 3 days), we would like to recommend that you make appointment with us on another day for your screening. Blood tests results can be affected and will not be accurate when you are unwell.

如果您在体检前感到不适或是刚从病中康复不超过 3 天，我们建议您预约另一个时间进行体检。当您身体感到不适的时候血液检查可能会因此受到影响从而导致结果不准确。

- Pap smear is best done 10 days after your last menstruation. Alternative arrangements can be made if preferred, for the test to be done on another day.

宫颈涂片应在例假结束 10 天后进行。如果您愿意，我们可以为您安排先进行其他项目的检查，并安排您在另一个时间来进行宫颈图片的检查。

- MRI, CTs and Angiogram will be done at the premises of our medical partners. The necessary arrangements will be made in advance to ensure that an appointment is available on the day of your screening. Transportation will be arranged.

MRI, CT 和血管造影将在我们医疗合作伙伴的场所进行。我们会提前为您作好一些必要的安排以方便您在体检当天顺利检查。

- No further discount or deduction of package price will be allowed should you decline the test(s) indicated in the package, unless otherwise indicated.

如果您主张删减套餐中的一项或多项检查项目，我们将不会为您删减相应的项目价格除非另有说明。

#### HEALTH SCREENING PREPARATION INSTRUCTIONS 体检准备指南

The following instructions are for your reference and information, prior to your health screening. Pre-screening preparation is required for blood tests and also some other screening items.

在您体检前，以下讯息供您参考。血液和其他一些检查需要您在体检前做相关准备。

1. Fast for at least 8 hours. Please refrain from consuming food on the night before your appointment. Drinking of plain water is permissible. (from 11pm onwards)

节食至少 8 小时。避免在体检前一晚 11 点后进餐。但在 11 点过后可以喝白开水。

2. Routine morning medicine should be taken after your blood sample has been taken.

由于要抽血，请在体检后才服用您早晨的药物

3. Pap smear, Urine and stool tests should best be done 10 days after the last day of your menstruation.

宫颈涂片，尿液和粪便检查应在例假结束后 10 天后进行

4. If you are doing Ultrasound Abdomen test, fasting will be required. You may feel some discomfort and the conducting gel may feel cold and wet.

若要进行腹部超声波检查，需在前一晚节食。检查进行时，由于会使用到凝胶，可能稍微感觉到不适，比如些许湿冷的感觉。

5. If you are doing Ultrasound Pelvis test, you will be required to drink at least 8 glasses of water and to avoid urinating for an hour prior to the examination. When the bladder is full, it forms a convenient path, called an acoustic window for the ultrasonic waves.

进行骨盆超声波之前，需要喝至少 8 杯水并在检查 1 小时之前避免小便。膀胱一旦充满尿液，就会形成音感视窗，供超声波使用。

6. If you are doing the Treadmill test, bring along an additional change of clothes and appropriate running footwear. Medications such as beta-blockers (eg Propranolol or Atenolol) should preferably be stopped 3 days before the date of the test.

若要进行平板跑步心脏测试，需要带上一套以供换洗的衣服和一双舒适的鞋子。类似于受体阻滞剂（例如普纳洛尔和阿提洛尔）最好是在体检前 3 天停止服用。

## USEFUL INFORMATION 有用咨询

### 1. Multiphasic Blood Tests

Is a series of blood tests to detect conditions such as Gout, Thyroid, Anaemia, Leukaemia, Diabetes, Hepatitis, Rheumatoid Arthritis, Liver and Kidney disorders, as well as High Cholesterol.

一系列血液测试能检测初中痛风，甲状腺，贫血，白血病，糖尿病，肝炎，性病，类风湿关节炎，肝和肾病，以及高血压等疾病症状。

### 2. Cancer Markers

Is a series of blood tests to detect cancer markers produced by some cancer cells through simple blood tests. Screening tests are available for Liver, Colon, Intestine, Prostate, Ovarian and Nose cancers.

一系列的血液测试能检测出癌细胞所产生的标志物。肝，直肠，前列腺，卵巢和鼻咽都能通过血液检测探癌。

### 3. Urinalysis

Is a test to infer the state of Kidney function as well as the Urinary tract.

这种测试可检测肾功能以及尿道状况

### 4. Stool Analysis

Is a test to screen for Gut disorders through the testing for stool occult (microscopic) blood, a recognized manifestation of gut cancer.

这项粪便隐血试验可以检测出引发直肠癌的肠道不适状况

### 5. Cardiac Assessments

Are screenings through Resting Electrocardiogram and Treadmill Stress test to assess for Physical Fitness, Heart condition and early detection of coronary heart diseases.

通过心电图和平板跑步心脏测试，可断定个人体能和心脏状态，以及及早探出任何心血管疾病。

**6. Pap Smear**

Test for Cervical Cancer in women.

这种测试可检测出女性宫颈癌。

**7. Ultrasound Abdomen**

Examines the Abdomen including the Liver, Gall Bladder, Spleen, Pancreas and Kidneys.

它可为肝，胆囊，脾，胰腺和肾等腹部器官进行详细的检查。

**8. Ultrasound Pelvis**

Detects the size and shape of pelvic organs, such as the bladder and it also evaluates the cause of Bladder Dysfunction. Ultrasound Pelvis examines the Uterus and Ovaries for women and Prostate for men.

可探测出膀胱等骨盆内器官的大小与形状，以及检测膀胱功能损害因素。女性可通过这项检测了解自己的子宫和卵巢情况；男性则可检测前列腺。

**9. Breast Examination**

Allows the doctor to detect lumps in the breast after examination, prior to the recommendation of either Ultrasound Breast or Mammogram or both should abnormality be detected.

没患病和无症状女性，可接受乳房检查。医生建议，介于 40-49 岁的妇女应每年进行超声波乳房扫描一次，50 岁以上则两年一次。

**10. When choosing a Health Screening Package**

Always select a package based on your current medical requirements, Age, Family medical history and Budget. While it is good to have yourself tested with many different kind of test(s), some tests may not be necessary.

您应该基于您目前的健康状况，年龄，家庭病史，以及预算为自己选择合适的体检套餐。尽管做多项体检项目是有益的，但有些项目并不是必需的。

**11. When in doubt**

You can speak to the doctor prior to selecting a package most suitable for yourself or family member(s).

当您对体检有疑问时，请您先咨询我们的医生更好的帮助您选择一套最适合您和家人的体检套餐。