Adventist 港
Health 安
Adventist Medical Center
港安醫療中心

# 身體檢查服務準備指引

感謝您選擇港安醫療中心作為您的健康體檢中心。以下資料有助您準備於本中心作健康檢查。

## 檢查前一天

在驗身前至少有 6 小時足夠的睡眠。 睡眠不足可能會影響您的血壓、心跳和體溫。

請在驗身日前一天，禁食和停止飲用任何飲品至少8小時（清水除外）。若須作胃部螺旋桿菌口腔呼氣測試，清水也應避免飲用。

另外檢查前一天請勿服用抗生素或胃藥。

## 檢查當天

請於預約時間前最少十分鐘到達本中心。

### 所需攜帶物品

- 香港身份證或其他身份證明文件。
- 近期的X光 / 其他影像檢查的舊片舊報告或化驗報告。
- 直接付款保證信（如適用）。

### 合適衣着

請穿着或帶備運動服裝和運動鞋，及自備毛巾，以便進行**心臟耐力測試（*運動心電圖*）**。

### 常規藥物指引

如有需要，可空腹繼續服用常規**降血壓藥**。
請停止服用其他常規藥物。如有需要，可攜帶藥物於體檢後服用。

### 泊車需知

太古坊濠豐大廈及就近銅鑼灣恆隆中心的名店坊設有時鐘收費停車場。

### 惡劣天氣安排

若**黑色暴雨警告信號及八號或以上颱風警告信號**於驗身日當天仍然懸掛，有關的體檢預約將會自動取消。請發WhatsApp 短訊致（852）9316 7110 聯絡港安醫療中心 - 太古坊或（852）6119 1217 聯絡港安醫療中心 - 銅鑼灣重新預約。

## 超聲波

### 肝臟脾超聲波

空腹最少8小時，並於完成檢查前不能吸煙。

### 盆腔 / 下腹 / 全腹超聲波

必須完成禁飲食項目後按醫護人員安排飲水令膀胱脹滿，方便影像檢查。

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## 女性客戶適用

### 尿液、糞便
請避免在月經前後7天進行健康檢查。
如果您在預約當天來月經，請在抵達時通知護士，您將無法進行尿液、糞便和子宮頸抹片檢查，因此您可能需要再預約進行上述檢查。

### 子宮頸抹片檢查
檢查前48小時勿使用陰道塞劑或灌洗陰道及有性行為。

### 乳房造影檢查
如預約了乳房造影檢查，檢查前一天請勿使用任何護膚品，如香水、止汗劑或體香劑等。若曾在其本中心及香港港安醫院以外的醫療機構接受這項檢查，亦請於檢查當天帶同以往乳房造影檢查的菲林底片及報告前來，以作醫生診斷之用。

如果妳可能或已經懷孕，請務必事先告訴醫護人員，以便我們為妳考量檢查之必要性及安全性。

## 其他事項

- **更改驗身日期**
  若有需要更改或取消已確定之驗身日期和時間，請於原定時間**前最少四十八小時**以WhatsApp 短訊致（852）9316 7110通知港安醫療中心 - 太古坊或（852）6119 1217通知港安醫療中心 - 銅鑼灣。
- **保險文件**
  若檢查當天須醫生填寫任何保險文件，醫生將收取有關費用。
- **個別檢查項目的費用**
  閣下是次選用的身體檢查乃套餐計劃，恕**不**提供各檢查項目的個別費用，請見諒。
- **付款方法**
  本院接受現金 / 信用卡 / 電子支付 / 醫療券，但不接受以支票繳付。
- **重要事項**
  如需額外藥物、檢查或化驗，均須額外收費。

## 預約及查詢

### 港安醫療中心 - 太古坊

香港鰂魚涌英皇道979號太古坊濠豐大廈19樓
星期一至四　上午九時至下午六時
星期五　上午九時至下午五時三十分
(852) 2309 5000
(852) 9316 7110 (只限文字)
infotkp@adventistmedical.hk
www.adventistmedical.hk




### 港安醫療中心 - 銅鑼灣

香港銅鑼灣百德新街2-20號恆隆中心1606-1610室
星期一至四　上午九時至下午六時
星期五　上午九時至下午五時三十分
(852) 2782 2202
(852) 6119 1217 (只限文字)
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# Physical Examinations Preparation Guidelines

Thank you for choosing Adventist Medical Center as your health Physical Examination provider.
Here are some practical tips that may be helpful in preparing for your health check up.

## Day before appointment

Get enough sleep, at least 6 hours, prior to the checkup. Lack of sleep may affect your blood pressure, heart beat and body temperature.

Please do not eat or drink at least 8 hours prior to the checkup. If a breath test for detection of Helicobacter pylori infection is scheduled, you must not even drink water.

Do not take any antibiotics or antacid / stomach medication 1 day before.

## Day of appointment

**Please arrive at least 10 minutes before your appointment time.**

### *You are requested to bring along with you*

- HKID Card or other identity document.
- Please bring any previous laboratory results and exams / report for comparison if any.
- Letter of Guarantee (if applicable).

**Some advice on suitable clothing to ensure your comfort**
Sneakers, sport wear and a towel are required for your ***exercise stress test (running treadmill)***.

**Medication**
Please continue to take your medication for ***high blood pressure*** on an empty stomach if needed.
Bring along other medications with you and you can take them right after the examination if necessary.

**Car parking**
Hourly parking is available at Oxford House, Taikoo Place and at Fashion Walk nearby Hang Lung Centre, Causeway Bay.

**Bad weather arrangements**
In case of Black Rainstorm Warning Signal or ***Typhoon Warning Signal No.8*** or above is hoisted, your appointment will be automatically cancelled. Please send WhatsApp to Adventist Medical Center – Taikoo Place at (852) 9316 7110 or Adventist Medical Center – Causeway Bay at (852) 6119 1217 to re-arrange a new appointment.

## Ultrasound

**Liver, Gladder, Spleen**
Avoid smoking, do not eat or drink anything at least 8 hours before the test.

**Pelvis Uterus, Ovaries and Bladder**
The medical staff will supply distilled water after completing all for fasting test. Full bladder is required for ultrasound scan.

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## For female patients only

### Urine, Stool
Please avoid to have health checkup 7 days before or after the menstrual period. If you are menstruating on the day of your appointment, please inform nurse on arrival, you will not be able to do urine, stool and Pap Smear Tests, in such, you may have to return for those tests in a later date.

### Pap Smear Tests
Avoid sexual intercourse, douching or using any vaginal pessary or tablets for 48 hours before test.

### Mammogram examination
Please refrain from using any perfume or deodorant 1 day before of your examination, as these products may adversely affect the examination results. Please bring along any previous mammogram films for comparison purposes if you had it done in other center apart from our centers or Hong Kong Adventist Hospital.

Always inform us if there is any possibility that you are pregnant as X-ray test are usually avoided during pregnancy.

## Others

- **How to reschedule your appointment**
  If you are unable to keep your scheduled appointment time, please send WhatsApp to Adventist Medical Center – Taikoo Place at (852) 9316 7110 or Adventist Medical Center – Causeway Bay at (852) 6119 1217 to reschedule your appointment ***at least 48 hours in advance***.
- **Insurance claim forms**
  An additional fee will be charged if you require the doctor to complete any insurance forms.
- **Itemized price breakdown**
  Please be reminded that itemized price breakdown ***will not be provided*** as this is considered as a package deal.
- **Payment Method**
  We accept cash/ credit card/ electronic payment / healthcare voucher, but we do not accept cheque.
- **Important Information**
  Extra charges may be incurred if medication, additional examinations, or laboratory tests that are NOT included in the package are required.

## Appointment and Enquiries

### *Adventist Medical Center – Taikoo Place*

19/F, Oxford House, Taikoo Place,
979 King's Road, Quarry Bay, Hong Kong

Monday to Thursday : 9:00am – 6:00pm
Friday: 9:00am - 5:30pm

(852) 2309 5000

(852) 9316 7110 (Text Only)

infotkp@adventistmedical.hk

www.adventistmedical.hk




### *Adventist Medical Center – Causeway Bay*

1606-1610, 16/F, Hang Lung Centre,
2-20 Paterson Street, Causeway Bay, Hong Kong

Monday to Thursday : 9:00am – 6:00pm
Friday: 9:00am - 5:30pm

(852) 2782 2202

(852) 6119 1217 (Text Only)

info@adventistmedical.hk

www.adventistmedical.hk




Online Booking

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