

Pre-Screening Instructions

Thank you for giving us the opportunity to serve you.

Some important things to take note of after booking your health screening appointment with us.

Before your screening day, please read through these set of instructions to enjoy a **fuss-free** and **fulfilling** health screening experience at our clinic.

Let's get you ready for your health screening.



The Seletar Mall (Next to Fernvale LRT)

33 Sengkang West Avenue #03-33
Singapore 797653 | Tel: 6425 7255

Punggol MRT (At Punggol MRT)

70 Punggol Central #01-05
Singapore 828868 | Tel: 6425 9935

Fernvale Palm (Near to Fernvale LRT)

Blk 432A Sengkang West Way #01-03
Singapore 791432 | Tel: 6604 7224

Punggol Sumang (Next to Punggol Sumang LRT)

Blk 308C Punggol Walk #01-302
Waterway Terraces 1 (Lift Lobby 7 & 8)
Singapore 823308 | Tel: 6246 7288

WHAT TO BRING / PREPARE

BEFORE YOUR SCREEN

- Identification Card (NRIC / FIN / Passport)
- A copy of the Confirmation Email (If applicable)
- Recent Medical Records / Reports (If applicable)
- A Health Screening Questionnaire (HSQ) may be sent to you via email depending on your package, please fill it up and email back to us before your appointment.



INSTRUCTIONS FOR FASTING & NON-FASTING PACKAGES

FASTING

- Fasting for **at least 8 hours** is required. Please drink plain water before your screening.
- **No** food and other beverages is allowed.
- Please bring along your long-term medication. You can consume them after your screening.
- Please reschedule your appointment if feeling unwell.
- Entire screening process may take up to **30 minutes - 1 hour** depending on the package.

NON-FASTING

- Fasting is **not required**. You can have a light meal before your screening.
- Refrain from drinking alcohol before your screening.
- Please bring along your long-term medication. You can consume them after your screening.
- Please reschedule your appointment if feeling unwell.
- Entire screening process may take up to **30 minutes - 1 hour** depending on the package.

ETERN MEDICAL'S SCREENING JOURNEY

Book Appointment or Walk-in



Fast for **at least 8 hours** before your screening*

Arrive at respective Etern Medical Clinic



The screening duration may take up to **30 minutes to 1 hour** depending on the package

Results will be ready within
5 to 7 working days



Review of results with doctor either
in-clinic or **tele-review**

*Fasting not required for non-fasting packages

PREPARATION FOR IN-CLINIC TESTS

INTERSALT

- You may be asked to collect **two** bottles of urine if the specimen is **insufficient**.

EYE SCREEN

- Do bring along your glasses. *(If applicable)*
- Please remove your contact lenses **30 minutes** before Tonometry test.

URINE COLLECTION

- Fresh urine is required for the test.
- Mid-stream urine is recommended.
- For female, please ensure you are **not menstruating** at the time of collection.

BODY COMPOSITION ANALYSIS

- **Not recommended** for individuals with implanted defibrillators or pacemakers or other metallic supports.
- Results might **not be accurate** for women who are menstruating or pregnant due to the subtle changes in body water.

PAP SMEAR (LADIES)

- Please schedule your pap smear test **at least 5 days** after your last menstruation. *(Optimal time: **14 days** after menstruation)*
- Avoid sexual intercourse, spermicides, vaginal creams, or tampons **48 hours** before the test.

STOOL COLLECTION

- Fresh stool is required for the test.
- Scoop different sections of your stool.
- For females, please ensure you are **not menstruating** at the time of collection.
- Avoid taking red meat & iron supplements **3 days** before collection.

REVIEW OF RESULTS

AFTER YOUR SCREEN

- You have the option to decide to review your results either via **in-clinic** or **tele-review** when your report is back within **5 - 7 working days**.
- Significant abnormal results will be made known to you within **3 - 5 working days**.
- Normal results can be collected or emailed to you subject to mutual consent if the review is not needed.
- You can find out from our doctors if there are any post-intervention or follow-up tests required.
- You may choose your preferred doctor to review. However, the appointment will be based on the doctor's availability.

INSTRUCTIONS FOR WHICH REVIEW YOU OPT FOR

IN-CLINIC REVIEW

- Schedule an appointment with our staff for your in-clinic review. Please arrive **10 minutes** before your appointment.
- For review consultations of more than **20 minutes**, additional charges apply.

TELE-REVIEW

- Please schedule an appointment with our staff. Strictly by appointment basis. *(Any rescheduling must be made **at least 48 hours** before the appointment)*
- Once the appointment is set, our staff will send you a **online link** via email.
- For review consultations of more than **20 minutes**, additional charges apply.