

INSTRUCTIONS FOR PHYSICAL EXAMINATION, BLOOD TESTS, AND SPECIAL PROCEDURES

1. MEDICAL HISTORY

- Please reveal or disclose to the Hi-Precision Doctor(s) conducting the physical examination, your significant family history of major illnesses (such as cancer, diabetes mellitus, cardiovascular etc..) and any personal history of unusual symptoms or medical complaints affecting any part of your body so that appropriate medical evaluation or diagnostic tests may be done promptly.

2. OCCULT BLOOD TEST

- 3 days fasting from red meat, NSAIDs (including Aspirin), iron supplements and steroids

3. WHOLE ABDOMINAL ULTRASOUND

- 6 hours fasting of no food or any beverages

4. LIPID PROFILE and FBS

- 10 to 12 hours fasting of no food or any beverages

5. ECG

- Do not take any food or beverages with caffeine content (coffee, tea, cola, chocolates, including decaffeinated beverages)
- Do not smoke several hours before the test
- If you are scheduled for a treadmill stress test, wear comfortable walking/running shoes and non-restriction clothes.

For your information and guide.

**MTSO and Health Services
Human Resources Development and Administration Office**