

Fullerton Healthcare Screening Centres

Fullerton Healthcare Screening Centre @ Ngee Ann City

The Penthouse, #26-02 Ngee Ann City Tower B,
391B Orchard Road, Singapore 238874

Operating hours:

Monday - Friday : 7.30am to 5.00pm

Saturday : 7.30am to 1.00pm

Sunday : 7.30am to 1.00pm

Public Holiday : Closed

Fullerton Healthcare Screening Centre @ Ocean Financial Centre

Ocean Financial Centre, #03-08,
10 Collyer Quay, Singapore 049315

Operating hours:

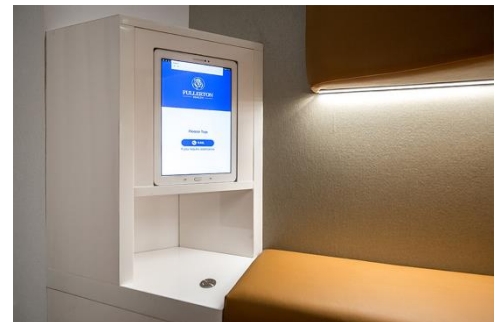
Monday - Friday : 7.30am to 5.00pm

Saturday : 7.30am to 1.00pm

Sunday and PH : Closed



Health Screening Pod



Health Screening Pod

Book Your Health Screening Appointment -

You can book your health screening appointment through our website at

<http://www.fullertonhealth.com/book-appointment.html>



Individual Locker Storage
Keep your personal belongings close to you during your screening.



USB Port
Charge your phone while using our tablet to watch videos or surf online.



Convenience
Tests are conducted in a single location by experienced doctors and nurses



Built-In Comfort
Relax in our 30 inch wide seat, complete with an adjustable table and reading light.



Call Button
Request for assistance from our staff at any point, without leaving your seat.



Complimentary breakfast
Enjoy a delectable spread of fresh pastries from Delifrance, complete with coffee and tea

Live Fuller Silver Scan

SGD 299.60 (inclusive of GST) (U.P. \$374.50)

- **Physical Examination by Doctor**
Examination of Heart, Lungs and Abdomen | Neurological and Musculoskeletal Examination | Height and Weight Measurements | Body Mass Index (BMI) | Body Fat Measurement | Visual Acuity and Colour Blindness Tests | Blood Pressure Reading
- **Resting Electrocardiogram (ECG)**
- **Medical Report and Review**

Blood and Urine Investigations:

Kidney Screen:

Urea
Creatinine
Bicarbonate
Potassium
Sodium
Chloride
eGFR

Diabetes Screen:

Glucose (Fasting Blood Sugar)
HbA1C

Bone/Joint Screen:

Calcium
Phosphate
Uric Acid
RA Factor

Liver Screen:

Protein, Total
Albumin
Globulin
A/G Ratio
Bilirubin, Total
Alkaline Phosphatase
Aspartate Aminotransferase (AST)
Alanine Aminotransferase (ALT)
GGT

Cardiac Risk Screen:

HsCRP

Lipid Screen:

Cholesterol, Total
Triglycerides
Cholesterol, HDL
Cholesterol, LDL
Cho/HDL Ratio

Thyroid Screen:

Thyroxine, Free (FT4)
TSH

Tumour Markers Screen:

Colon: CEA
Liver: AFP
Prostate: PSA (For Men)
Ovarian: CA125 (For Ladies)

Hepatitis Screen:

Hepatitis Bs Antibody
Hepatitis Bs Antigen

Haematology:

Haemoglobin
Red Blood Cell Count
Packed Cell Volume (HCT)
Red Cell Indices
(MCV, MCH, MCHC)
Platelets Count
White Blood Cell Count
Differential Count
Peripheral Blood Film

Urinalysis:

Urine FEME

Stool Screen:

Stool Occult Blood

Pap Smear:

Pap Smear (For Ladies)

Live Fuller Gold Scan

SGD 428.00 (inclusive of GST) (U.P. \$535.00)

- **Physical Examination by Doctor**
Examination of Heart, Lungs and Abdomen | Neurological and Musculoskeletal Examination | Height and Weight Measurements | Body Mass Index (BMI) | Body Fat Measurement | Visual Acuity and Colour Blindness Tests | Blood Pressure Reading
- **Resting Electrocardiogram (ECG)**
- **Tonometry**

Choice of 1 out of 5 of the following tests:

1. Stress ECG (Treadmill)
2. Ultrasound Liver
3. Ultrasound Pelvis (For Ladies)
4. Ultrasound Breast (For Ladies)
5. Mammogram[®] (For Ladies)

- **Medical Report and Review**

Blood and Urine Investigations:

Kidney Screen:

Urea
Creatinine
Bicarbonate
Potassium
Sodium
Chloride
eGFR

Diabetes Screen:

Glucose (Fasting Blood Sugar)
HbA1C

Bone/Joint Screen:

Calcium
Phosphate
Uric Acid
RA Factor

Liver Screen:

Protein, Total
Albumin
Globulin
A/G Ratio
Bilirubin, Total
Alkaline Phosphatase
Aspartate Aminotransferase (AST)
Alanine Aminotransferase (ALT)
GGT

Cardiac Risk Screen:

HsCRP

Lipid Screen:

Cholesterol, Total
Triglycerides
Cholesterol, HDL
Cholesterol, LDL
Cho/HDL Ratio

Thyroid Screen:

Thyroxine, Free (FT4)
TSH

Tumour Markers Screen:

Colon: CEA
Liver: AFP
Prostate: PSA (For Men)
Ovarian: CA125 (For Ladies)

Hepatitis Screen:

Hepatitis Bs Antibody
Hepatitis Bs Antigen

Haematology:

Haemoglobin
Red Blood Cell Count
Packed Cell Volume (HCT)
Red Cell Indices
(MCV, MCH, MCHC)
Platelets Count
White Blood Cell Count
Differential Count
Peripheral Blood Film

Urinalysis:

Urine FEME

Stool Screen:

Stool Occult Blood

Pap Smear:

Pap Smear (For Ladies)

Note:

Mammogram is available at Ngee Ann City clinic only.

Live Fuller Platinum Scan

SGD 588.50 (inclusive of GST) (U.P. \$695.50)

- **Physical Examination by Doctor**
Examination of Heart, Lungs and Abdomen | Neurological and Musculoskeletal Examination | Height and Weight Measurements | Body Mass Index (BMI) | Body Fat Measurement | Visual Acuity and Colour Blindness Tests | Blood Pressure Reading
- **Resting Electrocardiogram (ECG)**
- **Tonometry**
- **Spirometry**

Choice of 2 out of 6 of the following tests:

1. Stress ECG (Treadmill)
2. Ultrasound Abdomen
3. Ultrasound Prostate (For Men)
4. Ultrasound Pelvis (For Ladies)
5. Ultrasound Breast (For Ladies)
6. Mammogram[®] (For Ladies)

- **Medical Report and Review**

Blood and Urine Investigations:

Kidney Screen:

Urea
Creatinine
Bicarbonate
Potassium
Sodium
Chloride
eGFR

Diabetes Screen:

Glucose (Fasting Blood Sugar)
HbA1C

Bone/Joint Screen:

Calcium
Phosphate
Uric Acid
RA Factor

Liver Screen:

Protein, Total
Albumin
Globulin
A/G Ratio
Bilirubin, Total
Alkaline Phosphatase
Aspartate Aminotransferase (AST)
Alanine Aminotransferase (ALT)
GGT

Cardiac Risk Screen:

HsCRP

Lipid Screen:

Cholesterol, Total
Triglycerides
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Cho/HDL Ratio

Thyroid Screen:

Thyroxine, Free (FT4)
TSH

Tumour Markers Screen:

Colon: CEA
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Hepatitis Screen:

Hepatitis Bs Antibody
Hepatitis Bs Antigen

Haematology:

Haemoglobin
Red Blood Cell Count
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Red Cell Indices
(MCV, MCH, MCHC)
Platelets Count
White Blood Cell Count
Differential Count
Peripheral Blood Film

Urinalysis:

Urine FEME

Stool Screen:

Stool Occult Blood

Pap Smear:

Pap Smear (For Ladies)

Note:

Mammogram is available at Ngee Ann City clinic only.

Pre-Screening Preparatory Notes

FOR CORPORATE CLIENTS

Please bring along:

- Singapore NRIC/Passport/Employment Pass/ Work Permit
- Your company letter, authorisation letter or staff pass, where applicable

FOR PRIVATE CLIENTS

Please bring along:

- Singapore NRIC/Passport/Employment Pass/Work Permit
- Letter of Guarantee from your Insurance Company, where applicable



We encourage you to bring your recent medical reports and films so our physicians can check on your health history and progress. If you are feeling unwell, please postpone your health screening to a later date as illness and certain medication, such as antibiotics, can affect your screening results.

On the day of screening, do avoid applying creams and moisturisers on your body and try to wear loose fitting clothes to be more comfortable.

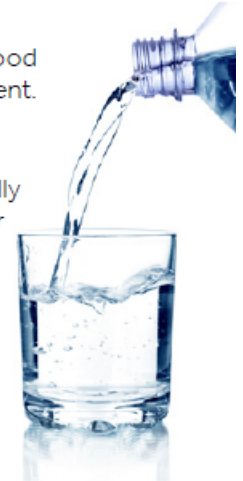
If you are a smoker, please refrain from smoking on the day of your appointment until your ultrasound has been completed, as smoking may affect the quality of the scan.

FASTING

Do fast for at least 8 hours before your appointment. Refrain from consuming food from midnight on the day of your appointment. However, you may drink plain water.

This fasting process is required specifically for blood test and ultrasound of the liver and abdomen.

Once these tests are over, you can enjoy a light breakfast on us.



MEDICATION AND SUPPLEMENTS

Please delay your routine medication or supplements until tests which require fasting are over. Bring along your medication or supplements so you can take them right after your tests.



EYE EXAMINATION

Please remove your contact lenses at least 30 minutes before the eye test. We recommend that spectacles be worn on the day of the appointment.



X-RAYS



X-Rays are not recommended for anyone who is pregnant or who has done a similar X-Ray less than 6 months ago.

ULTRASOUND OF THE PELVIC AND ABDOMEN



Before undergoing a pelvic ultrasound, you will be asked to drink at least 5 to 6 glasses of water and avoid urinating for about an hour prior to the examination time.

This is because a full bladder allows better visualisation of the pelvic organs during ultrasound.

For ultrasound of the abdomen, please remain fasted until the test has been completed.

TREADMILL

This test will take 20 to 30 minutes to complete. Prior to this test (after your blood test and abdomen ultrasound), you may have a light breakfast. However, please avoid caffeinated drinks prior to the test.

Medication such as beta-blockers like propranolol or atenolol, should preferably be stopped 3 days before the test. If you are unsure of the medication you are taking, please speak to your doctor prior to performing the cardiac assessment.



Remember to bring along your running shorts, T-shirt and running shoes. For your comfort, please empty your bladder before the test. Lockers are available for your convenience.



**IMPORTANT
INFORMATION
FOR LADIES**

**Before your health screening,
do take note of these points.**

- For Pap Smear, Urine and Stool Tests, do it at least 10 days after the last day of your period or 2 weeks before the first day of your next period so as not to affect test results
- If menstruating on the day of your appointment, do inform the clinic staff on arrival as you will not be able to do your Urinal, Stool and Pap Smear Tests. You will be able to continue with the other tests and will be requested to make another appointment to complete the Urine, Stool and Pap Smear Tests
- For Pap Smear, please avoid sexual intercourse and the use of spermicides, vaginal creams, lubricant jellies, vaginal medications or tampons 48-hours before the test

STOOL OCCULT BLOOD TEST

Avoid red meat and iron supplements
3 days before stool sample is collected.

You may collect a stool bottle from any
Fullerton Health Clinic prior to your appointment.

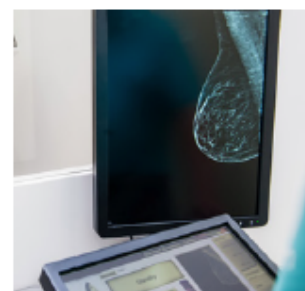
Collect your stools in the bottle on the night
before (after 5:00pm), or on the morning of
your health screening appointment.



MAMMOGRAM

Avoid this examination if you are pregnant.
Please arrange for your appointment to be
at least 1 week after your last day
of menstruation.

Do not wear any deodorant, perfume,
powder or cream under your arms or chest
area as it may interfere with the quality of
the mammogram.



Please bring along your most recent mammogram films and reports
(if available) should you wish to have a comparison made between that
and the latest received result.

If you have forgotten to bring your most recent mammogram films on
the day of your screening and wish to have a comparison done, please
submit your most recent films to our Radiology Department within 3
working days from the day of your Fullerton Health Screening.

Please note that mammogram is only available at our health screening centre (@ Ngee Ann City).