

## 精選健康檢查計劃

## Basic Health Check Plan

Interview on medical history and physical examination by doctor	由醫生作全面健康評估及體格檢查
Medical Questionnaire	個人健康問卷
Medical History, Social, Domestic & Lifestyle History	病歷檔案、社交、家庭及生活方式
Physical Examination	體格檢查
Body Height, Weight & BMI	體重、身高及體重指標
Blood Pressure, Blood Pulse	血壓、脈搏
Ears Nose Throat, Thyroid, Lymph Nodes, Cardiovascular	耳鼻喉嚨、甲狀腺、淋巴結、心血管
Lungs, Abdomen	肺、腹部
Central Nervous System, Peripheral Nervous System, Skin	神經系統、皮膚
Eye Function Test	眼功能測試
Eye Sight, Color Vision	視力、色覺
Cardiac Assessment	心臟評估
Electrocardiogram (Resting ECG)	靜態心電圖
Haematological Tests	血液檢測
Complete Blood Count: RBC Count, Haemoglobin, Haematocrit, MCV, MCH, MCHC, RDW-CV%, WBC Count, Platelet	全血球計：紅血球數量、血紅蛋白、血球壓積量、紅血球平均體積、平均血紅蛋白、平均血紅蛋白濃度、紅血球體積分佈、白血球數量、血小板
ESR	血沉降率檢查
Coronary Risk Screening (Lipid Profile)	冠心病風險檢查 (血脂肪)
Cholesterol - Total	總膽固醇
Cholesterol - HDL	高密度膽固醇
Cholesterol - LDL (Direct)	低密度膽固醇
Total/HDL Chol Ratio	總 / 高密度膽固醇比率
Triglycerides	三酸甘油酯
Diabetes Screening	糖尿病檢查
Fasting Blood Glucose	空腹血糖
Renal Function Test	腎功能測試
Urinalysis (14 items) Colour, S. G., pH, Glucose, Protein, Bilirubin, Urobilinogen, Blood, Ketone, Nitrite, WBC, RBC, Epithelial cell, Bacteria	尿液常規檢查 (14 項目)：小便顏色、比重、酸鹼度、葡萄糖、蛋白定量、膽紅素定性、尿膽原定性、血紅蛋白定性、醣酮定性、亞硝酸、白細胞、紅細胞、上皮細胞、細菌
Liver Function Test	肝功能測試
SGOT (AST)	谷草轉氨酵素
SGPT (ALT)	谷丙轉氨酵素

Alkaline Phosphatase	鹼性磷酸酶
Gamma GT (GGT)	丙種谷氨酸轉肽酵素
Bilirubin Total	總膽紅素
Protein Total	總蛋白
Albumin	白蛋白
Globulin	球蛋白
<b>Gout</b>	<b>痛風症檢查</b>
Uric Acid	尿酸
<b>Medical Report</b>	<b>驗身報告</b>
<b>Follow Up Consultation by Doctor</b>	<b>由醫生詳細講解個人健康狀況及提供意見</b>

## 檢查須知 Preparation for Examination

### 血液檢驗 Blood Test

- 如需進行空腹血糖或血脂肪測試，請於體檢 8 小時前開始禁食（可飲適量清水）。  
Fasting (i.e. no food and drink) is required for blood glucose and blood lipids test. Please fast for at least 8 hours before the scheduled appointment (Drinking moderate amount of water is allowed).

### 大便檢驗 Stool Test

- 倘若大便樣本於一天前留取，瓶蓋必須緊閉及冷藏於攝氏 4°C。  
If stool sample is taken from the night before, please ensure the bottle is tightly capped and refrigerated at 4°C.
- 大便樣本不應在月經期間留取。  
Stool sample should NOT be taken during menstrual period.
- 樣本膠瓶可提前於醫療中心領取。請於檢查當天携同大便樣本到醫療中心。客戶亦可與中心醫護人員另外安排領取樣本膠瓶和提交大便樣本的日期和時間。  
Stool bottle can be obtained from medical centre in advance. Please bring along the stool sample to the medical centre on the day of the examination. You can also arrange with centre staff for the date/ time of stool bottle and sample submission.

### 上腹/全腹超聲波檢查 Ultrasound of Upper / Whole Abdomen

- 檢查前至少 6 小時內不可進食。
- Fasting for at least 6 hours prior to the examination.
- 如進行超聲波全腹部檢查，請於檢查前半小時盡量飲大量清水，使膀胱充盈（急小便）。  
If you will undergo Ultrasound of Whole Abdomen, drink a lot of water until you have full bladder 30 minutes prior to the examination.