### **PREPARATION BEFORE HEALTH SCREENING:**

#### **General advice :-**

- Fast from 12.00 midnight before the day of your appointment.
- No food or beverage is allowed while fasting, with the exception of plain water.
- All medications can be taken as instructed by your physician, except for diabetes.
- Diabetes medication can be taken once you are allowed to take refreshment.
- Light refreshment is allowed once your blood has been drawn by MLT, and / or after completing ultrasound examination.

#### Stress Test (Treadmill) :-

- This test takes about 20-30 minutes to complete.
- Please bring along your jogging attire and shoes for this test.
- Avoid having a heavy meal before undergoing this test.

### Pap smear (for ladies only) :-

- The ideal time for you to have your pap smear done is between 10-14 days after your first day of last menstrual.
- If you are having your period on the day of your appointment, please contact us to reschedule your appointment.
- This is because blood interferes with the end result of urine test and pap smear.

### <u>Mammogram (for Ladies only) :-</u>

- For this procedure, do not wear deodorant, talcum powder on your breasts as well as under your arms on the day of examination.
- In addition, please remove all jewellery above the waist before the procedure.
- If possible, bring along prior mammogram films / reports, if available

#### **Appointment / Enquiries**

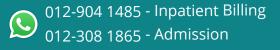


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012-301 8947 - General 012-339 4969 - A&E Billing

https://kmihealthcare.com/en/kmikuantan



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# MEDICAL CHECK UP PACKAGE

# (A) Basic Package

		Mada.				
No.	Type of test	Male		Female		Basic
		< 40 years old RM 440.00	≥ 40 years old RM 510.00	< 40 years old RM 640.00	≥ 40 years old RM 740.00	Male / Female RM 310.00
1.	Result review by Medical Officer (MO)	Ø	Ø	Ø	$\otimes$	Ø
2.	Chest x-ray	Ø	Ø	Ø	lacktriangle	Ø
3.	ECG	Ø	Ø	Ø	Ø	Ø
4.	Lab test GSP 01:  - ABO - Arthritis Screening - Calcium Level - Diabetes Screening - Haemotology Screening - Hepatitis B Screen - Kidney Profile - Lipid Profile - Liver Profile - Serum Electrolytes - Thyroid Screening - VDRL Screening - Urine FEME	Ø	<b>⊗</b>	<b>⊗</b>	8	<b>⊗</b>
5.	Ultrasound upper abdomen & kidneys	Ø				
6.	Ultrasound whole abdomen		Ø	Ø	Ø	
7.	Ultrasound breast			Ø	Ø	
8.	Mammogram				Ø	

<sup>\*\*</sup> Price is not inclusive of registration fees.

# **(B) Additional test**

No.	Type of test	Price (RM)
1.	Lung Function test / Spirometry	RM 70.00
2.	Audiometry test	RM 60.00
3.	Stress test	RM 450.00
4.	Pap Smear ( for ladies only )	RM 75.00
5.	Bone Mineral Density (BMD) test	RM 120.00
6.	Comprehensive Body / Composition Analysis *Body Comp Analysis, Muscle Fat Analysis, Obesity Analysis, Segmented Analysis, Bar Ratio, Nutrition Evaluate	RM 50.00

