

Check-up Centre

Clinic Location

FMP is centrally located at 298i Kim Ma street, near the big Lotte Tower.



Check-up Process

Your checkup can consist of 3 to 4 parts, which will be scheduled across 2 or 3 appointments depending on your package.

The estimated time to complete each package varies from 1.5 hours to 4 hours, depending on the specific package. It's important to note that the estimated time is just an approximation and actual time may vary based on individual circumstances.



1. **SAMPLE COLLECTION:**
Sample of blood, urine (and stool) collected at FMP medical centre.
estimated 10 to 15 mins.



2. **CHECK-UP AND ASSESSMENTS**
Vital signs, Optometry, Audiometry, ECG, Radiology, Ultrasounds, gynecological exam (for women)
estimated 90 to 120 mins.



3. **CONSULTATION**
Consultation with doctor of Internal Medicine
estimated 15 to 20 mins.



4. **ADDITIONAL TESTS AND REPEAT TESTS**
Doctor may recommend additional tests or repeat tests after the consultation.
Please follow specific instructions if provided.

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What to expect when you arrive at the clinic

	CHECK IN & REGISTRATION
1	Registration / Check in at Reception / Inform your Name
2	Fill in Medical History Form
3	<p>Changing into the Gown: There is a specific dress code for the examination. You will be asked to change into a gown provided by the clinic to go through certain stages which required you to loosen your gown and expose certain part of your body as part of the thorough medical check-up. This will escalate the process of the check-up in timely manner without holding the clients to get change in each station.</p> <ul style="list-style-type: none"> ➤ Pick a gown (S, M , L or XL: upon request) ➤ Keep your pants / skirts on (Female: remove Bra for chest X ray only) ➤ Bring along your reading glasses ➤ Keep your belonging in lockers and keep the wristband, OR, you may leave your backpack with us at reception
	PROCEEDING TESTS
	<p>Our Medical coordinator & Nurses will call for your name for the following tests:</p> <ol style="list-style-type: none"> 1. Blood + Urine and stool if included in your package 2. Vital signs Anthropometrics Vision ECG Chest X-ray Ultrasound Gyn Audiogram (if included in the package) 3. Additional tests (if any such as repeat tests, mammogram, bone density, ...) <p><i>(*) Note: To ensure a full bladder, please do not urinate before the ultrasound exam.</i></p>
	PHYSICAL EXAMINATION & CONSULTATION WITH DOCTOR (GP)
	COMPLETION & MEDICAL REPORT
	<ol style="list-style-type: none"> 1. Once you have completed the checkup process, please proceed to the reception. 2. Sign Bill and Docs: Please come back to reception for setting up your next appointment/making payment/signing your claim form & invoice. 3. Medical Report: Your medical report will be delivered to the email address registered on your medical history form or by hard copy upon your request at reception.

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Guidelines for collection of samples:

BLOOD: You must **fast for at least 8 hours** before your blood sample is taken. Do not eat or drink anything, only water is allowed. Drink a lot of water.

URINE: Clean your genital area thoroughly before collecting urine. Halfway during urination. Collect approximately half a sample jar of urine.

STOOL: You should pass a stool in a clean container preventing it from being contaminated by water and urine. Use the small red spoon to take a piece of stool and put it into the jar.

It is recommended that the samples should be taken in the morning on the blood-sample-taking date. Or else the sample(s) have to be stored in the fridge to make sure the test result is still accurate.

Please note that lab processing generally takes a minimum of 3-4 hours. However, certain tests may require longer processing times, such as Pap smear and HPV tests which can take between 5-10 working days."

Important Reminders:

1. Prepare for blood test: do not eat or drink for at least 8–10 hours prior to getting a blood test for blood sugar level (FBS), lipids (fat), cholesterol, HDL and LDL. Water however may be freely taken to avoid the effects of dehydration on your blood sugar and cholesterol levels in the tests. If you are not going to do a blood test as mentioned above, you can eat and drink as usual.
2. Women should submit their urine and stool samples 5-7 days after their menstrual period, as blood contamination may affect the interpretation of the results.
3. Get at least 6-8 hours of sleep prior to the checkup. Lack of sleep may cause abnormal results in blood pressure, heart beat, and body temperature.
4. Please do not drink alcohol for at least 24 hours prior to your appointment as drugs and alcohol may affect some tests. If you have consumed alcohol, please inform the doctor or nurse before the test.

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5. If you are taking medicine for hypertension, you can continue taking it as per your doctor's prescription. For any other medical conditions, please contact your doctor prior to the blood collection day.
6. If you are pregnant, please inform the staff to cancel the X-ray.
7. If you have a chronic illness or other health problems, please bring any test results or medical report with you to assist in diagnosis.
8. Wear a comfortable two-piece outfit consisting of loose clothing.
9. Please schedule your HPV/Pap smear test 5–7 days after your menstrual period. Please avoid intercourse, douching or using vaginal medicines, spermicidal foams, creams or jellies for 2 days before having these tests.
10. For stool analysis please submit stool samples either collected at your home (if containers have been provided in advance) or at our medical center. Please note that we will not accept samples collected more than 7 days after your physical examination at our medical center. This will allow our doctor to summarize your medical report in a timely manner without being delayed by pending test results.
Please avoid red meat and iron supplement 3 days before the appointment. Collect your stool sample (2 scoops of the little spoon attached to the sample container lid) 1 day before or in the morning of your appointment. Put it into a small clean plastic container provided by FMP with your name labeled on the container. Please schedule your appointment about 5–7 days after your menstruation period.
11. For urine analysis—Please schedule your appointment about 5–7 days after your menstrual period as blood contamination will affect the interpretation of your urine analysis.
12. For eye tests, those who use glasses should bring them for the scheduled vision test. If you use contact lenses, please remember to bring your own contact lens cases for temporary storage during the vision check.
13. Before undergoing a pelvic ultrasound, you will be required to drink several glasses of water. Please avoid urinating for about 1 hour prior to the examination time. When the bladder is full, it forms a convenient path known as the acoustic window, for the ultrasonic waves.
14. Please be aware that punctuality is required. We will try to adjust without compromising the next appointment.
15. Please list all medications and supplements being taken as they may affect some of the test results.

Thank you for trusting us for your healthcare needs.

Your health. Our Care.