

Health Check Preparation Guide

Maximizing the Accuracy of Your Medical Assessment

Welcome to your upcoming health check. Preventive care is one of the most powerful steps you can take for your long-term well-being. To ensure your test results are as accurate and meaningful as possible, it is essential to prepare your body properly before your visit. Please review this clinical guidance carefully prior to your appointment.

1. Fasting Instructions

If your health check includes a blood test for cholesterol (lipid profile) or blood sugar (glucose), strict fasting is required to prevent temporary metabolic changes from altering your data.

- **Duration:** Please fast for **8 to 10 hours** before your scheduled appointment time.
- **What you CAN consume:** Plain, unflavored water is highly encouraged. Staying well-hydrated keeps your blood volume stable, making the blood draw smoother and ensuring an optimal urine sample.
- **What to AVOID:** Do not consume any food, coffee, tea, milk, juices, or any other beverages during your fasting period. Please also refrain from chewing gum or using mints, as these can trigger digestive enzymes and blood sugar spikes.

2. Pre-Appointment Lifestyle Adjustments

Your physiological baseline can fluctuate based on recent activities. To capture your true health status, please observe the following restrictions in the 24 to 48 hours leading up to your check-up:

- **Prioritize Sleep:** Aim for at least 7 to 8 hours of quality sleep the night before. Fatigue and lack of rest can falsely elevate your blood pressure and heart rate.
- **Avoid Strenuous Exercise:** Refrain from heavy weightlifting, intense cardio, or exhaustive gym sessions for 24 hours before your visit. Intense physical exertion can temporarily elevate certain liver and muscle enzymes (such as CK or AST) in your blood.
- **Limit Alcohol and Tobacco:** Do not consume alcohol for at least 24 hours prior to your assessment, as it can skew liver function indicators and triglyceride results. Additionally, please avoid smoking or vaping on the morning of your exam.
- **Medication Management:** Continue taking your routine chronic prescription medications with plain water, **unless you have diabetes**. If you take insulin or oral hypoglycemic medications, please **hold your morning dose** while fasting to avoid a dangerous drop in blood sugar (hypoglycemia). Bring your medications with you to take immediately after your blood collection.

3. Essential Items to Bring

To help our medical team provide a comprehensive, multi-dimensional evaluation, please ensure you have the following ready:

- **Identification:** Your valid photo identification card or passport for registration.
- **Prior Medical Records:** Any previous health screening reports, recent laboratory data, or relevant medical imaging (X-rays, ultrasounds, MRIs). Establishing a historical baseline is crucial for tracking health trends.
- **Comprehensive Medication List:** A complete, up-to-date list of all prescription medications, over-the-counter drugs, vitamins, and supplements you currently take regularly.
- **Corrective Eyewear:** If you use glasses or contact lenses, please wear or bring them for the visual acuity assessment.
- **Appropriate Attire:** Wear comfortable, loose-fitting, two-piece clothing. A short-sleeved or easily rollable upper top is highly recommended to allow unhindered access for blood pressure cuffs and venipuncture.

A Professional Note from Our Clinical Team

Your health journey is a proactive partnership. We are dedicated not only to conducting these diagnostic tests but to translating the data into actionable insights for your longevity. If you experience medical anxiety or require specific clarification regarding these instructions, please reach out to our clinic team prior to your visit. We look forward to supporting your long-term health.