



PREPARATION FOR MAMMOGRAM

- You are recommended to schedule your appointment 5-10 days after menstruation.
- Kindly notify our staff if you are pregnant or if suspected to be pregnant before the procedure.
- Please do not apply any powder, perfume or deodorant on your chest area and under your armpit.
- Please wear loose fitting clothing that is easy to remove i.e. baggy t-shirt or tops with front buttons instead of zippers behind and easy wear scarf/ 'tudung'.
- Please do not wear jewellery during procedure e.g. long necklace, hanging earrings.



PREPARATION FOR PAP SMEAR TEST

- Two days prior to the test date – please avoid douching or using vaginal medication or any form of spermicide, tampons and any vaginal creams unless instructed by a doctor.
- Please also avoid having any sexual intercourse / copulation.
- All the above-mentioned could wash away or conceal abnormal cells which would hinder / obstruct an accurate testing.
- If you are menstruating on the day of your appointment, please inform the nurses on arrival. You will not be able to do your urine, stool and Pap smear tests because the presence of blood in these tests would produce inaccurate results.
- It is advised to pass urine before doing Pap smear. The pressure on your pelvic area might make you feel more uncomfortable if you have a full bladder.



PREPARATION FOR CHEST X-RAY

- Kindly notify our staff if you are pregnant or if suspected to be pregnant before the procedure.
- Please wear loose fitting clothing that is easy to remove i.e. baggy t-shirt or tops with front buttons instead of zippers behind and easy wear scarf/ 'tudung'.
- Please do not wear jewellery during procedure e.g. long necklace, hanging earrings.
- For female patients with long hair, kindly bring hair tie to bun hair up during the examination.



PREPARATION FOR STRESS TEST

- Bring along an additional change of clothes and appropriate footwear.
- Should you need to consume any food before a stress test, please have a light snack and avoid any fatty foods and caffeine.
- If you are under-going treatment or taking medication for any medical or physical condition, please notify the nurse in advance.
- If you are suffering any chest pain or breathing difficulty, please notify the nurse in advance.



PREPARATION FOR ULTRASOUND ABDOMEN AND PELVIS

- Ultrasound Abdomen and Pelvis requires full bladder. Before undergoing a pelvic ultrasound, you will be required to drink several glasses of water.
- Fasting for 4-6 hours is required before the procedure.

WHAT ELSE TO EXPECT?

Your health screening will take Half Day to One Day, depending on the type of tests you are doing. Some tests may require 3 to 7 days for the result to be ready.

You may reschedule your doctor and dietitian consultation to another day if you wish to do so.

Delay no more, your journey to wellness begins here!



CLINIC HOURS 

HEALTH SCREENING CENTRE

MONDAY - FRIDAY
8.30am to 5.30pm

SATURDAY
8.30am to 1.00pm

CLOSED ON SUNDAY
AND PUBLIC HOLIDAY

BOOK YOUR APPOINTMENT NOW

CALL US
06 8505 083

 healthy@nilaimc.com

HEALTH SCREENING

THE POWER OF PREVENTION

NILAI MEDICAL CENTRE (199501006519)

PT 13717 Jalan BBN 2/1, Bandar Baru Nilai,
71800 Nilai, Negeri Sembilan, Malaysia.
TEL +{60} 6 8505 000 FAX +{60} 6 8500 733



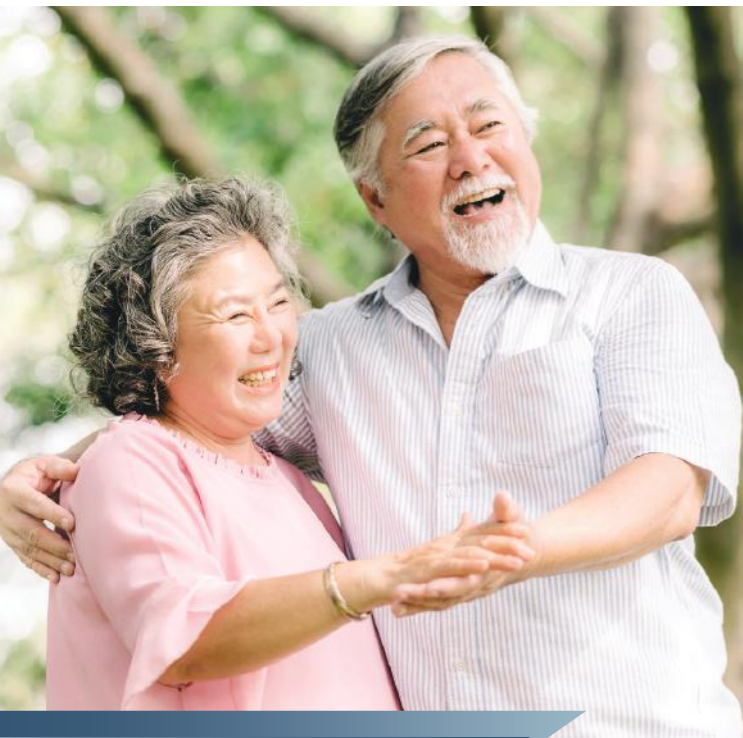
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EXECUTIVE HEALTH SCREENING CENTRE

At Nilai Medical Centre, we strongly believe that prevention is better than cure. Preventive health screening is imperative in keeping our health in check and helps facilitate early diagnosis and treatment thus, improve quality of life. The best way to manage potential health risks and reduce risks for certain disease conditions is to have periodic health screenings as recommended for you.

VARIETY TO SUIT YOUR NEEDS

We understand that everyone is unique. Our packages are designed to meet the various needs of every individual and allows for flexibility in customizing the package to suit your requirements. Speak to our Health Screening Executives for more information and advice.



Examination/Test	Emerald	Womens' Health		
		Diamond	Sapphire	Ruby
Vital signs and physical measurement	✓	✓	✓	✓
Physical examination	✓	✓	✓	✓
Resting ECG	✓	✓	✓	✓
Hearing screening				✓
Lung function test				✓
Pap smear (thin prep)		✓	✓	✓
Blood Investigations				
Full blood count	✓	✓	✓	✓
Blood grouping (ABO & Rh)	✓	✓	✓	✓
Fasting blood sugar (FBS)	✓	✓	✓	✓
HbA1c				✓
Lipid profile	✓	✓	✓	✓
Kidney function	✓	✓	✓	✓
Liver function profile	✓	✓	✓	✓
Hepatitis screening				
Hepatitis A	✓	✓	✓	✓
Hepatitis B	✓	✓	✓	✓
Hepatitis C				✓
Thyroid Function Test				
T3				✓
T4	✓	✓	✓	✓
TSH			✓	✓
Tumour Marker				
AFP - Liver				✓
CEA - Colorectal				✓
PSA - Prostate				✓
CA 19.9 - Pancreatic				✓
CA 125 - Ovarian			✓	✓
CA 153 - Breast			✓	✓
Uric acid	✓	✓	✓	✓
Rheumatoid arthritis factor	✓	✓	✓	✓
HsCRP				✓
Helicobacter pylori				✓
Urine analysis	✓	✓	✓	✓
Imaging				
Chest x-ray	✓	✓	✓	✓
Ultrasound pelvic		✓		
Ultrasound breast / Mammogram		✓	✓	✓
Ultrasound abdomen & pelvic			✓	✓
Treadmill stress test				✓
Body fat analysis			✓	✓
Dietitian consultation			✓	✓
Doctor consultation & report	✓	✓	✓	✓
Package price	RM245	RM578	RM778	RM1308

*Light refreshment included in all packages

Examination/Test	Emerald	Men's Health	
		Gold	Platinum
Vital signs and physical measurement	✓	✓	✓
Physical examination	✓	✓	✓
Resting ECG	✓	✓	✓
Hearing screening			✓
Lung function test		✓	✓
Pap smear (thin prep)			
Blood Investigations			
Full blood count	✓	✓	✓
Blood grouping (ABO & Rh)	✓	✓	✓
Fasting blood sugar (FBS)	✓	✓	✓
HbA1c		✓	✓
Lipid profile	✓	✓	✓
Kidney function	✓	✓	✓
Liver function profile	✓	✓	✓
Hepatitis screening			
Hepatitis A	✓	✓	✓
Hepatitis B	✓	✓	✓
Hepatitis C			✓
Thyroid Function Test			
T3			✓
T4	✓	✓	✓
TSH		✓	✓
Tumour Marker			
AFP - Liver			✓
CEA - Colorectal			✓
PSA - Prostate		✓	✓
CA 19.9 - Pancreatic			✓
CA 125 - Ovarian			
CA 153 - Breast			
Uric acid	✓	✓	✓
Rheumatoid arthritis factor	✓	✓	✓
HsCRP		✓	✓
Helicobacter pylori			✓
Urine analysis	✓	✓	✓
Imaging			
Chest x-ray	✓	✓	✓
Ultrasound pelvic			
Ultrasound breast / Mammogram			
Ultrasound abdomen & pelvic		✓	✓
Treadmill stress test		✓	✓
Body fat analysis		✓	✓
Dietitian consultation		✓	✓
Doctor consultation & report	✓	✓	✓
Package price	RM245	RM808	RM1108

*Light refreshment included in all packages

HEALTH SCREENING INSTRUCTION AND PREPARATION GUIDE

Kindly be advised on the following general instructions:

- Please bring along your ID card or passport for the registration.
- Get enough sleep, at least 6 hours prior to the check-up.
- Do not eat or drink at least 8 to 10 hours prior to the check-up. Drinking plain water is permissible.
- Please refrain from alcohol for at least 24 hours prior to beginning your health screening program.
- Hypertension medicine can be taken prior to your visit.
- Should you have any chronic illnesses or other health issues, please bring along any test results or medical report.
- For female patients, please ensure that your check-up is scheduled at least 7 days before or after menstruation.

