

# MediFast Medical Centre

## *Mobile Health Screening Request Form*

To : Medifast Medical Centre  
No. 10 Sinaran Drive  
#11-27, 28, 29  
Singapore 307506

Tel: 6222 3373  
Fax: 6222 0090  
Email: singapore@medifast.com

驗身日期 (Date of Screening) : \_\_\_\_\_

### 個人資料 Personal Particulars

姓名 (Name) : (中) \_\_\_\_\_ (English) \_\_\_\_\_  
(姓) (名)

身份證號碼 (I/C) : \_\_\_\_\_ 出生日期 (DOB) : \_\_\_\_\_

性別 (Gender) : 男 (Male) / 女 (Female) 年齡 (Age) : \_\_\_\_\_

婚姻狀況: 未婚 (Single) / 已婚 (Married) / 離婚 (Divorce) / 喪偶 (Widow) / 其他 (Others) \_\_\_\_\_

職業 (Occupation) : \_\_\_\_\_ Contact (Tel/HP): \_\_\_\_\_

### 檢查前須知 Mandatory Notes for the Examination

一般檢查	
1.	若檢查項目包括抽血作血糖、三酸甘油脂、膽固醇，需空腹8小時 (可飲用清水)及盡量安排於早上進行。
2.	檢查前3天內，不要飲用任何酒類。
3.	客人如有發燒、咳嗽或感冒情況，應於病癒停藥後一星期，才作身體檢查。
4.	糖尿病、高血壓、心臟病等慢性病患者，若需要作抽血檢查，應在檢查當日停服藥物，惟須隨身攜帶正在服食的藥物，以備不時之需。
5.	建議女士應在月經完結後5天才接受檢查。

### 檢查前須知 Mandatory Notes for the Examination

General Check-Up	
1.	Client should have fasted for 8 hours (excluding plain water) before the blood tests (for Glucose, Triglycerides, and Cholesterol)
2.	It is recommended no alcohol should be consumed 3 days before the screening.
3.	In case the client gets fever, cough or flu, it is recommended the examination be arranged one week after the completion of medication.
4.	If the client is taking medications for chronic disease (e.g. diabetes, hypertension and heart disease), it is recommended that he/she should stop taking medications before the blood test on the examination date. Please bring along the medications to consume after the blood test is done.
5.	It is recommended that the client should arrange the examination 5 days after menstruation.