

## General Well-Being Package with Whole Body Bone Density Scan

Timeline	Checkup Items
09:00	<ul style="list-style-type: none"> <li>⊙ <b>Registration</b></li> <li>⊙ <b>General Check-up</b> – Weight, Height, Waist, Blood Pressure</li> </ul>
09:00~10:30	<ul style="list-style-type: none"> <li>⊙ <b>Physical Examination(PE)</b></li> <li>⊙ <b>Laboratory Test</b> – Complete Blood Cell Count – Blood Sugar : Glucose (Fasting), HbA1c – Electrolytes : Potassium, Sodium – Lipid Profile: Chol, Tri, HDL, LDL – Liver : TP, ALT, AST, ALK-P, T-Bil., γ-GT, D-Bil. – Kidney : Blood Urea Nitrogen(BUN), Creatinine, Uric Acid – Thyroid : TSH, T4 – Hepatitis : HBsAg, Anti-HBs, Anti-HCV – Tumor Markers : PSA, CA199, AFP, CEA, CA 153, CA 125</li> <li>⊙ <b>X-Ray</b> – Chest X-ray (AP &amp; lateral) – Abdominal X-ray</li> <li>⊙ <b>Ultrasound</b> – Heart – Whole Abdomen (liver, gallbladder, pancreas, spleen, kidneys)</li> <li>⊙ <b>Examinations</b> – Resting EKG – Pap Smear</li> <li>⊙ <b>Whole Body Bone Density Scan</b></li> </ul>
10:30~11:00	<ul style="list-style-type: none"> <li>⊙ <b>Lunch</b></li> </ul>
11:00~12:30	<ul style="list-style-type: none"> <li>⊙ <b>Consultations</b> – ENT Examination by Otolaryngologist – Eye Examination by Ophthalmologist – Gynecology for Female/ Urology for Male</li> </ul>
13:00~	<ul style="list-style-type: none"> <li>⊙ <b>Brief Summary</b></li> </ul>

## PREPARATION BEFORE CHECK-UP

For the most accurate results, preparation is **mandatory** as stated below;

### 1. Blood testing for blood sugar and cholesterol level –

**The day before: Please stop eating after 00:00AM (midnight); drinking water is allowed before 05:00AM.**

**Do avoid** alcoholic beverages for 72 hours before the check-up.

### 2. For Pap smear –

The sample can be collected at least 3-5 days after the menstrual period.  
(Collecting the samples during the menstrual period should be avoided).

### 3. Radiology test –

**Please notify our staff in advance if you have any of these conditions**

- If you are pregnant or may be pregnant
- If you are allergic to contrast media, or any other medications,
- If you are wearing a pacemaker or any metal device
- If you are asthmatic

### 4. Ultrasound of upper and lower abdomen –

Please refrain from eating any food for 4-6 hours prior to the inspection. However, drinking water is allowed.

## Special Remarks

📍 **Location:** Health Checkup Center at **B2 Floor**, Shin Kong Hospital

📍 **Things to bring:**

- ✓ **Your passport.**
- ✓ **Your personal medications** so you may take it after the whole process has done.

📍 Please pay attention to personal belongings. Avoid wearing any jewelry, such as rings or necklaces.

📍 We provide:

- ✓ Lunch: If you are a vegetarian, please let us know as soon as possible.
- ✓ Sweat shirts, sweat pants, slippers and robes will also be provided.

📍 **Payment options:**

For additional items, you can pay your bill with cash (NTD only), or credit cards. Shin Kong Hospital accepts the following credit cards: Visa, MasterCard, and American Express.

