

St Teresa's Hospital

Health Screening & Diagnostic Centre

Preparation for Physical Examination

1. Please call our center to make an appointment before physical examination (including making a reservation in advance, rearranging, or canceling an appointment).
2. Please bring your Hong Kong ID card, passport, or valid Hong Kong travel visa to our center for registration where located on the 1st floor of the St. Teresa's Hospital.
3. Please keep fasting after midnight on the examination day (you can only drink water).
(*Except for basic women's B and pre-marriage plans)
4. Special preparations required for various physical examinations:
 - (1) Exercise ECG - Please bring your own sport shoes and wear loose clothing.
 - Hypertension patients should bring their anti-blood pressure medication to the center on the day of the examination and stop taking it until the examination is completed.
 - (2) Helicobacter pylori breath test - You need to stop taking antibiotics for one month or stop taking stomach medication for two weeks before the examination.
 - If you are currently taking antibiotics or stomach medication, please inform the staff before the examination.
 - (3) Stool test – You can bring small amount stool sample in a clean sealed container, about a thumb size within 24 hours.
 - (4) Fasting blood glucose test - Diabetic patients should stop taking their diabetes medication until the examination is completed.
5. For female examinees, it is recommended to schedule the examination during a non-menstrual period or 3-4 days after the menstrual cycle.
6. After completing the physical examination items, the report will be ready within 2-3 weeks (Monday to Friday).
7. If you have any questions, please feel free to contact us.
Our center phone no.: 2200 3118
Service hours: Monday to Friday 08:00-16:00; Saturday 08:00-12:00;
Closed on Sundays and Public holidays.