Dear Patient,

Thank you for selecting St. Luke’s International Hospital Center for Preventive Medicine (Center) for your health checkup. The purpose of this letter is to provide you with a step-by-step guide to ensure that you come prepared for your health checkup. If you have any questions, please contact the Service Office (Monday-Saturday, 8:30AM-4:30PM) at 03-5550-2400.

1. Documents and other Information
   - Please fill in the Questionnaire and Health Questionnaire English before your appointment and bring them with you.
   - Our doctors will review your health status report and provide you with health advice.
   - Please bring your ID card and insurance card to the Center.
   - MediLocus can provide medical referrals to St. Luke’s International Hospital or our Branch Clinical MediLocus.

2. Instructions for Blood Samples
   - Collect 10 milliliters of blood at the time indicated by your appointment.
   - You may drink straight tea (no milk or sugar) or plain water only until midnight.
   - You cannot eat or drink alcohol or stay up late. You may drink straight tea (no milk or sugar) or plain water only until midnight.
   - It is important that you have any signs on health screening beforehand. If any responsibles were present in your appointment, they may be responsible for your appointment.
   - If the doctor is informed that you have any signs on health screening beforehand, they may be responsible for your appointment.
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3. Instructions for Stool Samples
   - Please take two stool samples on different days, within 4 days of your appointment.
   - Please drink any soft drinks on different days, within 4 days of your appointment.
   - Please fill in the Questionnaire and Health Questionnaire English before your appointment.
   - Please finish eating by 9PM on the night before your appointment.
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4. Other Instructions
   - Please refer to the Instruction Sheet included in the envelope and collection tube included in the kit. For further information, please refer to the Instruction Sheet included in the envelope and collection tube included in the kit.
   - We will inform you on your schedule for post-examination consultation when your screening is completed. Details of your schedule on the day of screening.
   - Each screening step is managed and coordinated by health counselors.
   - Individuals who are uncooperative during the health screening may cause physical stress. Please include time to relax in your schedule on the day of screening.
   - Although some between individuals, health screening may cause physical stress. Please include time to relax in your schedule on the day of screening.
   - Your health status report will be sent to you by registered mail approximately 3 weeks after screening.

Step-by-Step Guide

Documents (health questionnaires and brochures) and sample collection tubes will be sent to you one month before your appointment. Please carefully read the instructions at the time of your appointment.

Health Status Report

- Your health status report will be sent to you by registered mail approximately 3 weeks after screening.

Reservations

- We accept reservations over the phone, through our website, or at our reception desk. Please note that there are several optional tests, as certain tests also require reservations.

One-Day Health Checkup Program

Respecting human dignity is our philosophy at the Center for Preventive Medicine.

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Roles of Screening

Scanning detects cancer early and is followed by appropriate treatment. Smokers are encouraged to quit smoking.

Health screenings are performed to detect disease at an early stage.

Consultation, Lifestyle Counseling, and Results

Positive Health Management

Testing and examinations are screening tools. If your results indicate that further testing or follow-up treatment is necessary, please be sure to consult with a doctor.

The first step towards better health for smokers is to quit smoking.

Please discuss your test results with your local doctor.

If Further Testing is Required

If you have swelling of the abnormal glands, chest pain, severe cardiac asthma, prostatic hypertrophy, severe cardiac disease, or diabetes, please consult a doctor before undergoing this test.

Testing for blood pressure is not possible if you are breastfed.

Those who have a pacemaker implanted or those who cannot wear electrodes on their fingers or ankles cannot take the test.

The accuracy for the test will be reduced if you are breast feed.

If you have a pacemaker implanted, the test may not be possible.

The accuracy for the test will be reduced if you are breast fed.

For details, contact our health screening office.

If you have impaired kidney function, serum creatinine is collected for microscopic examination.

If you have swelling of the abnormal glands, chest pain, severe cardiac asthma, prostatic hypertrophy, severe cardiac disease, or diabetes, please consult a doctor before undergoing this test.

If you have impairment of hearing, please consult a doctor before undergoing this test.

If you have a pacemaker implanted, the test may not be possible.