



**CENTER FOR EXECUTIVE HEALTH**

**Wellness Center**

Contact Nos.: 8-771-9000 Loc. 8456 / 8457/8429 Email Address: [exechealth@asianhospital.com](mailto:exechealth@asianhospital.com)

Office Hours: Monday to Friday 7:00am to 5:00pm

Saturday 7:00am to 4:00pm

**PATIENT INSTRUCTIONS**

**Outpatient Corporate Fitness Package**

**FOOD AND SUPPLEMENT INTAKE:**

- **Take nothing by mouth (NPO) i.e. no food intake** beginning at **10PM** the night before the scheduled executive check-up. We recommend **10-12 hours of fasting for Lipid Profile/Testing**. However, sips of water when taking medicines may be allowed.

**SPECIMEN COLLECTION AND PREPARATION:**

- For best results, urine and stool samples should be submitted within one **hour upon collection**. For Collection may be done at home and specimen must be submitted to the clinical staff upon arrival at the Center for Executive Health (CEH), or may be collected during the check-up.

**PROPER COLLECTION OF URINE:**

- Collection of urine sample is ideally done in the morning and **placed it in a sterile container provided by the laboratory or you can buy container at any drug store.**
- Collect urine sample in the midstream.  
*\* Urine samples should not be contaminated with water, feces, soap, chemicals and other contaminants which may interfere with the result.*  
*\* If the urine collection was done outside the hospital, please make sure to submit the sample within one hour.*

**PROPER COLLECTION OF STOOL:**

- Open the container provided by the **laboratory or you can buy container at any drug store.** Using spoon attached to cap of lid, obtain scoops of stool from any areas which appear bloody slimy, or watery and place them into the vial up to 5 to 6 tablespoons. If stool is hard or formed, collect about the size of a large walnut or usually size of the thumb approximately 20 to 40 grams from each end and the middle of the specimen.
- Stool samples should not be contaminated with urine, water, soil, mineral or castor oil, anti-diarrheal compounds, radiologic contrast medium or barium.
- There should be an interval of **at least 1 week** after ingestion of non-absorbable diarrheal compounds (e.g. Diatabs and Imodium), antacids, bismuth and mineral oil

**OUTFIT:**

- Please wear comfortable cotton clothes preferably white shirt, jogging pants, and rubber shoes for your Treadmill Stress Test and for radiological examination. We encourage you to bring extra clothing for change after the procedure.
- There may be areas with extreme temperature. We recommend that you bring a jacket or sweater.
- **For your safety, we recommend to bring your own bottled water or tumbler.**



**OTHER INSTRUCTIONS:**

1. Kindly fill out the Health Declaration form that will be given by the security personnel at the lobby. The provided information will aid us in the screening process.
2. Please proceed to the CEH on the Fourth Floor - Lifestyle Medicine Center of the hospital building on or before **9:00AM (for strict compliance) or depending on the scheduled time given by the CEH.**
3. CEH would like to ensure your safety and maintain efficiency of service. Bringing companion during Executive Check-up is highly discouraged unless necessary. **If the patient is minor, PWD or elderly, only one (1) companion is allowed during the check-up.** Patient's companion will undergo screening as well and maybe requested to wait at the Lifestyle Medicine Center waiting area.
4. For patients under an accredited Company, Insurance or HMO, a copy of the medical results of your package will be given upon discharge. For self-pay clients, original medical results will be provided.
5. CEH patients are entitled to **FREE parking** at the hospital's basement parking area. Please bring your parking ticket at the CEH and present to the staff on duty for validation.
6. For cancellation of your appointment, please call the Asian Hospital and Medical Center CEH at least three (3) working days prior to scheduled appointment.
7. Asian Hospital and Medical Center accepts payments by Cash, Credit Cards (all major cards), Manager's or Cashier's checks.
8. In our drive to maintain patient safety and security, leaving the hospital premises before the completion of their ECU is not permitted

Thank you for choosing Asian Hospital and Medical Center for your Executive Check-up. For concerns and other queries, please contact us at the CEH line (8) 771-9000 local 8456 or 8457.

Conforme: \_\_\_\_\_ Date: \_\_\_\_\_

(Name and Signature)

*Please sign and send this form back through fax or email to the CEH office for validation and confirmation.*

*Fax number: 771-9000 local 5904*

*Email address: [exechealth@asianhospital.com](mailto:exechealth@asianhospital.com)*