



CENTER FOR EXECUTIVE HEALTH

Wellness Center

Contact Nos.: 771-9000 Loc. 8456 / 8457 Direct line: 876-5796

Email Address: exehealth@asianhospital.com

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

Saturday 7:00am to 4:00pm

PATIENT INSTRUCTIONS

Outpatient Health Awareness Package Female 2

FOOD AND SUPPLEMENT INTAKE:

- **Take nothing by mouth (NPO)** beginning at 10PM on 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.
- **Avoid iron supplement, Vitamin C, red meat, broccoli, radish, cauliflower and melon for a minimum of three (3) days prior to executive check-up** in preparation for stool examination with occult blood test.
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SPECIMEN COLLECTION AND PREPARATION:

- For best results, urine and stool samples should be **less than 1-hour old**. **For liquid/watery stool samples, it should be submitted within thirty (30) minutes**. Collection may be done at home and specimen must be submitted to the nurse/clinical aide upon arrival at the Center for Executive Health (CEH), or may be collected during the check-up period.
 - Please collect midstream urine sample and pea-sized stool using clean and dried bottles.
 - Specimen bottles may be requested from CEH for collection at home.

PREPARATIONS FOR SKIN ANALYSIS:

- Do not wear any makeup and jewelries as it will affect the results of the Skin Analysis.
- Avoid wearing bright color top. Black or white shirt is preferred.
- For Female, kindly tie your hair or wear headband.
- For Male, please shave beard and mustache. If applicable.

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.

OTHER INSTRUCTIONS:

1. Please proceed to the CEH on the Fourth Floor - Lifestyle Medicine Center of the hospital building on or before 8:00AM (**for strict compliance**) or **depending on the scheduled time given by the CEH**.



2. CEH would like to ensure your safety and maintain efficiency of service. Please be advised that **only one (1) companion per patient is allowed during the check-up**. We also advise to **avoid bringing children below seven (7) years old** to avoid unnecessary exposure to hospital illnesses.
3. 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.
4. For cancellation of your appointment, please call the Asian Hospital and Medical Center CEH at least three (3) working days prior to scheduled appointment.
5. Asian Hospital and Medical Center accepts payments by Cash, Credit Cards (all major cards), Manager's or Cashier's checks.
 - **For self-pay accounts**, CEH Packages are paid directly at the Cashier, after registration.
6. 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 direct line (632) 876-5796.

Conforme: _____

(Name and Signature)

Date: _____

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

Email address: exechealth@asianhospital.com