

★ 健檢注意事項 ★

1. 避免穿著有金屬物件（鈕扣、項鍊、亮片、鋼圈等）之上衣及內衣，勿戴項鍊，穿著輕便服飾或運動服(避免影響胸部 X 光判讀)。
2. 健檢當天 00:00 起，請空腹 8 小時(包括喝水)，若口渴，可少量飲水。

※（若有慢性疾病者，慢性病藥物請配少量開水照常服用，除糖尿病藥物請於健檢當日確定要進食前後才可服用，以避免低血糖、休克）。

檢查項目	空腹原因
腹部超音波檢查	胃部有食物，胃部後面的器官如胰臟，會看不清楚，且進食會使膽囊收縮、變小，少了膽汁作為背景對比，膽囊內的病灶無法充分檢查，影響正確判讀。
抽血檢查	進食後採血，經消化吸收的食物進入血液，會影響血糖、肝功能、腎功能、尿酸、三酸甘油酯的濃度，影響檢測數值的準確性。 (不要誤解空腹是指前一晚都不吃晚飯，避免檢驗指數出現偽變化。)

3. 健康檢查前三天請維持正常作息、清淡飲食、勿暴飲暴食。
4. 如果您的健康檢查包括糞便檢查，請在健康檢查之前至少三天避免使用鐵補充劑(會影響糞便檢查結果)。
5. 女性如在月經週期中，請在健檢時告知工作人員(會影響尿液檢驗數值)。
6. 女性如懷孕或疑似懷孕，請告知放射師或醫生，以避免 X 光檢查。

★ Preparation on the day before the examination ★

1. Don't wear clothes or underwears with metals or sequins. Sportswears without buttons and zippers are suggested.
2. Remain empty stomach for 8 hours before examination (Beverage is not allowed, but a little water and chronic medicine is allowed, excepting Diabetes medicine)

Item	Why Fasting
Abdominal ultrasound	If there is food inside the stomach, the organs behind the stomach can't be observed clearly. Besides, eating would cause the gallbladder shrunk. In the absence of bile as a contrast background, some diseases can't be detected properly.
Blood draw	Drawing blood after meal, will affect the result of blood sugar, liver function, kidney function, uric acid, triglycerides. (Do not misunderstand the meaning of "empty stomach" is referred to not to eat last night, misunderstanding may lead to inaccurate result)

3. Do not eat food with high calories or high fat 3~5 days before examination.
4. If your health screening includes stool test, avoid iron supplements at least 3 days before health screening.
5. For females, if during your menstrual cycle, please inform the doctor or nurse before the test.
6. Inform the clinic staff and doctors to cancel the x-ray if you are or suspect of being pregnant.