

Physical Examination Manual by Taiwan Adventist Hospital (for Male)

ITEMS	CONTENTS
1.Registration	
2.General Check-up	•Height •Weight •Blood Pressure
3.Physical Exam. By Family Doctor	•Physical Examination (include: head, eyes, ears, nose, mouth, neck, skin, lymphnodes, chest, heart, breast, abdomen, hernia, rectal examination)
4.Hematology C.B.C.	•WBC •RBC •HB •HCT •MCV •MCH •MCHC •PLT •DIFF
5.Blood Biochemical Survey	•Blood Sugar: Glucose, Fasting , HBA1C •Lipid Analysis: Total Cholesterol , HDL ,LDL, Triglycerides •Kidney Function: Bun , Creatinine •Gout : Uric Acid •Liver Function :TP, Albumin, Globulin, Alk.P. , Bili. T, Bili. D., GOT, GPT, r-GT •Heart Function:HsCRP,Hemocysteine •Vitamine:Vitamine D •Hepatology : HBsAg, Anti-HBs, Anti-HCV •Thyroid Function:free T4, TSH •Electrolytes: Na, Cl, P, K, Ca •Immune : RF factor, ANA
6.Blood Group	•Blood Type •RH
7. Veneral Disease	•RPR Test •HIV
8.Urinalysis	•Sugar •Bilirubin •Sp.Gr. •Protein •Urobilinogen •Blood •PH •Nitrite •WBC •Ketone •Sediments
9.Cancer Screen	•AFP(--fetoprotein) •CEA(carcinoembryonic antigen) •CA199 •PSA
10.X-ray Examination	•L-Spine •Chest PA
11.Endoscopy	•UGI Panendoscopy (include Anesthesia) •Colon Fiberoscopy (include Anesthesia)
12.Neck carotid Artery ultrasound	Check for carotid Artery patency
13.Electrocardiogram	•Rest EKG •Heart Echo.
14.Audiometric Evaluation	•P.T.A: AC/Stimulus
15.Nasopharyngoscopy	• Nasopharyngoscopy (R.P.L.)
16.Ophthalmologic Exam.	•Vision •Tonometry •Color
17.BMD	• Bone Mineral Density (L-Spine+Hip-Lt+Hip-Rt)
18.Sonogram Examination	•Abdominal Sonography
19.Breakfast	Western Style (Whole Wheat Sandwich and Soy Milk) or Chinese Style (Congee or Steam Bread and Entries as choice)
20.Result Explanation by Physician	
21.Medical Report	Physical Examination Health Evaluation Report. Result Explanation by Physician.
22.Follow-up Service	•Health Education •Healthful Living Consulting •Health Related Activities
NT\$29,800	

- Hours of Physical Examination Mondays through Friday 8:00Am ~ 15:00 Pm ◦
- Your Examination routing is accompanied ◦
- To schedule for physical examination please call four week a head, you should give us your height and body weight when you call in ◦
- To reach us you may call 2771-8151 ext 2773 or 2667 ◦

Physical Examination Manual by Taiwan Adventist Hospital (Female)

ITEMS	CONTENTS
1.Registration	
2.General Check-up	•Height •Weight •Blood Pressure
3.Physical Exam. By Family Doctor	•Physical Examination (include: head, eyes, ears, nose, mouth, neck, skin, lymphnodes, chest, heart, breast, abdomen, hernia, rectal examination)
4.Hematology C.B.C.	•WBC •RBC •HB •HCT •MCV •MCH •MCHC •PLT •DIFF
5.Blood Biochemical Survey	•Blood Sugar: Glucose, Fasting , HBA1C •Lipid Analysis: Total Cholesterol , HDL ,LDL, Triglycerides •Kidney Function: Bun , Creatinine •Gout : Uric Acid •Liver Function :TP, Albumin, Globulin, Alk.P. , Bili. T, Bili. D., GOT, GPT, r-GT •Heart Function:HsCRP,Hemocysteine •Vitamine:Vitamine D •Hepatology : HBsAg, Anti-HBs, Anti-HCV •Thyroid Function:free T4, TSH •Electrolytes: Na, Cl, P, K, Ca •Immune : RF factor, ANA
6.Blood Group	•Blood Type •RH
7. Veneral Disease	•RPR Test •HIV
8.Urinalysis	•Sugar •Bilirubin •Sp.Gr. •Protein •Urobilinogen •Blood •PH •Nitrite •WBC •Ketone •Sediments
9.Cancer Screen	•AFP(--fetoprotein) •CEA(carcinoembryonic antigen) •CA-199 •CA-153 •CA-125
10.X-ray Examination	•Chest PA •L-spine •Mammography
11.Endoscopy	•UGI Panendoscopy under Anesthesia •Colon Fiberoscopy under Anesthesia
12.Neck carotid Artery ultrasound	Check for carotid Artery patency
13.Electrocardiogram	•Rest EKG
14.Nasopharyngoscopy	• Nasopharyngoscopy (R.P.L.)
15.Ophthalmologic Exam.	•Vision •Tonometry •Color
16.BMD	• Bone Mineral Density (L-Spine+Hip-Lt+Hip-Rt)
17.Sonogram Examination	•Abdominal Sonography
18.Pap Smear	•Pap Smear (Female)
19.Gynecologic Examination	• Gyn. Sonography
20.Breakfast	Western Style (Whole Wheat Sandwich and Soy Milk) or Chinese Style (Congee or Steam Bread and Entries as choice)
21.Result Explanation by Physician	
22.Medical Report	Physical Examination Health Evaluation Report. Result Explanation by Physician.
23.Follow-up Service	•Health Education •Healthful Living Consulting •Health Related Activities
NT\$29,800	

1. Hours of Physical Examination Mondays through Friday 8:00Am ~ 15:00 Pm ◦
2. To schedule for physical examination please call four week a head, you should give us your height and body weight when you call in ◦
3. To reach us you may call 2771-8151 ext 2773 or 2667 ◦

Taiwan Adventist Hospital Instructions for Physical Examination

1. Please **fast from 12MN** to the next morning before the physical examination (including water, drinks, medications and tobacco/beverage);
2. Please arrive the Physical Examination Center (PEC) around **08:10 a.m.** on the physical examination day.
3. Please bring the **stool specimen** and **jogging or sport shoes**.
4. **Please be prepared for the necessary payment either pay in cash or by your credit card.**
5. When a female examinee is **menstruating**, she is required to inform the PEC medical staff to re-schedule the appointment for the gynecology examination.
6. Please refrain taking the pills after 12 MN., if the examinee is taking the medications for the chronic treatment (i.e. diabetics...), and bring the named medication to the PEC.
7. Please return to the PEC for the physical advice by the examined doctor and health educator.
8. On the physical examination day, **please wear regular eyeglasses** instead of contact lenses in order to receive the eye pressure examination.
9. Please inform the examining doctor prior to the examination, if the examinee has had surgery, glaucoma, diabetics, or goiter disease, or being pregnant, etc.
10. Please take the public transportation instead of driving own vehicle due to the parking space at the hospital is limited.
11. Please inform the medical staff if the examinee is pregnant or possibly pregnant, in order to avoid taking the radiology examination.

Instruction for Endoscope Examination

1. Fasting after evening meal on the day before exam.
2. **Three days before exam**, please take in **simple low-residue low-fiber food**, but avoid fibrous vegetables and fruits for easy digestion.
3. Please take 2 tablets pink stool softener (Sennoside) **two day before the exam** at 8 pm.
4. **The day before exam**, at **8 PM**, drink within one hour this 1,000 cc water or sport drink mixed with 1 pack of Klean-Prep. You may have the urge of defecation one to two hours after drinking the Klean-Prep.
5. **Day of the exam**, take the Klean-Prep again, mix with at least 1,000cc of cold clear liquid only and drink **at 5:30AM** in one hour.
6. Please notify if you are-pregnant 、having menstruation 、heart or infectious conditions. Do not come on your own in any form of transportation. We encourage you come accompanied as the examination may incorporate sedatives.
7. For women : Do not wear make-up 、fingernail polish (acrylic nails 、colored glaze 、gel nail…… etc) and wear false eyelashes ◦
8. Absolutely **do NOT** drive car or ride motorcycle home after under Anesthesia ◦
9. If you are not able to come for the exam, please inform the Exam Center by phoning 2771-8151 ext 2667 、2773 or 2781-3394

***To lower the risk of complications, please follow the below instructions carefully.**

1. People with heart/liver problems need to take preventive antibiotics.
2. For those who are on **aspirin**, NSAID, **warfarin** (also known as Coumadin), Plavix(also known as clopidogrel), **ginkgo or fish oil**, please **stop taking** the said medicine/supplement **7 days** prior to the removal of polyp.
3. Complications of polyp removal usually take place within **7 days** after the Management. Please do not arrange any out-of-country trips during that time period.
4. National Health insurance (Taiwan) covers polyp removal and biopsy, therefore, remember to bring your National health insurance card with you. You' ll need to pay NTD390
5. Other expenses that are not covered by health insurance may incur, e.g. removal of polyp may need a hemostatic clip, which will add an extra cost of NTD350/each.