

## Health Check Up Instructions

**Dear patient, Medpark International Hospital appreciates your choice to perform the routine health examination (Check-up) in our Hospital.**

**To make the health examination more effective and ensure the result correctness of the investigations, please follow the given recommendations:**

1. CBC (complete blood count) test. Is required to fast before the blood collecting in laboratory by the medical staff, which means not to have a meal before the test, if you need you may drink some water.
2. Urine and stool samples must be collected at home in a special container you may ask at the Medpark Lab Reception desk or buy at the Pharmacy. The collected urine sample must be delivered to the laboratory within the 2 hours from the moment of collecting. Instruction for collecting and delivery of stool test you may see in Annex 1.
3. Abdominal ultrasound examination. Is required to avoid food and drinks before the abdominal ultrasound examination, and frequent urination (which means to have a full bladder at the time of examination).
4. Mammography, breast ultrasound and Papanicolau test (PAP-test) – is strongly required to be performed in period of the 7<sup>th</sup> to 12<sup>th</sup> day of the menstrual cycle.
5. You will be more comfortable if you wear comfortable clothes and shoes on the day of health examination.

### **A preconception checkup:**

#### **Both partners:**

1. CBC (complete blood count) test. Is required to fast before the blood collecting in laboratory by the medical staff, which means not to have a meal before the test, if you need you may drink some water.
2. Urine samples must be collected at home in a special container you may ask at the Medpark Lab Reception desk or buy at the Pharmacy. The collected urine sample must be delivered to the laboratory within the 2 hours from the moment of collecting.
3. Three days before the scheduled medical examination is required sexual abstinence, no alcohol drinks, no smoking, to exclude bean products (peas, kidney beans), condiments, to avoid mecilal treatment – with the exception of chronic disease treatment.

#### **Women:**

1. Blood samples collecting for:
    - **FSH** test (follicle-stimulating hormone) and **Estradiol range** test, is required to be done on 2<sup>nd</sup> - 3<sup>rd</sup> day of menstrual cycle.
    - **Progesterone** test is required to be done on the 21<sup>st</sup> day of the menstrual cycle in case if the menstrual cycle is regular 28 days, or 6-7 days before the menstruation, in case if the menstrual cycle is irregular.
  2. Breast ultrasound and PAP-test is required to do in the period of 7<sup>th</sup> and 12<sup>th</sup> day of the menstrual cycle.
- Note: The first day of the menstrual cycle is considered the first day of bleeding.

**Please take your Identity Card for the registration on the scheduled day of your health examination (Check-up).**

## Annex 1

### **Collecting a stool sample – follow the instruction.**

**Coproparasitological test (helminth eggs).** The stool sample must be collected into the special container (without transport medium). The laboratory test can be done only from the stool samples received in normal way, without using the purgative or laxative medicines with activated charcoal. It is recommended to collect the samples from the different 3-4 most suspected places of stool with a special attached to cap spoon. The size of the sample must be about 2-3 gr (as much as you can take with the attached spoon). The container must be kept in the fridge before it will be transported to the laboratory. To ensure the diagnosis the coproparasitological examination must be repeated 3 times.

**Coprological examination (digestive function test).** The stool sample must be collected into the special container (without transport medium). A week before the stool test do not take barium, mineral oil, laxative medicines, do not use lubricants, suppositories and creams. Within the next 72 hours before the stool test do not drink alcohol, and have in your meal 50-60 gr of butter, 100-200 gr of the red meat, 500 ml of milk, 200-300 gr of potatoe, and 100 gr of bread.

**Fecal occult blood test.** The stool sample must be collected into the special container (without transport medium). Attention! 75% of blood on the surface of feces is diffusing in the toilet bowl water in 4-12 minutes, what can cause the fals-negative result of the test. The presence of blood in the urine or menstrual blood can also cause the fals-positive result of the test.

**Helicobacter pylori Stool Antigen Test.** The stool sample must be collected into the special container (without transport medium). There is no required instruction before the test. It is good not to take the antibiotics at the period of stool test, because it may interfere the determination of Helicobacter Pylori. It is required to bring the fresh stool sample. It is recommended to collect the samples from the 3 different, most suspected places of stool. The recommended size is 1-2 gr of stool, or 1-2 ml in case of liquid stool. After collecting of the stool samples, the container must be kept in the fridge and be transported within the 24 hours. In case if there is no possibility to bring the stool sample within the 24 hours, the container with sample must be kept in the fridge under the Temperature of -20°C.