

HEALTH SCREENING



Restoring Rhythm of Life

Northern Heart Hospital's Health Screening Centre is a dedicated facility offering comprehensive cardiac and vascular screenings, as well as general health check-up services. Equipped with state-of-the-art echocardiogram and stress test rooms, the centre provides a seamless, one-stop service experience, all conveniently located on one floor.

By integrating world-class medical expertise with wellness and preventive care, the centre delivers personalised health screening services. Our team of specially-trained medical professionals, supported by Northern Heart Hospital's advanced diagnostic and laboratory facilities, ensures thorough and early detection of potential health concerns, offering patients the confidence and peace of mind they deserve.

Who can undergo health screening?

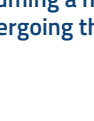
Individuals who are mobile and able to walk independently. Not recommended if you are wheelchair-bound. Please notify our staff if you are pregnant or suspected to be pregnant.



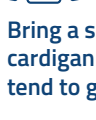
Preparing for Stress Test (treadmill)



Wear comfortable sports shoes

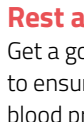


Bring a towel (to wipe sweat after running)

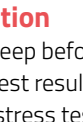


Avoid consuming a heavy meal before undergoing this test

Clothing



Bring a scarf or cardigan if you tend to get cold



Wear comfortable clothing that is easy to remove if required for certain tests



Avoid wearing jewellery or accessories that may interfere with imaging tests

Rest and Relaxation

Get a good night's sleep before your screening to ensure accurate test results, particularly for blood pressure and stress tests.

Fasting Before Health Screening

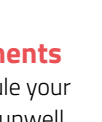
- Begin fasting at 10:00pm the night before your appointment.
- You may sip plain water until your tests are completed and you are given clearance to eat.

Medication

If you are on diabetes medication, please refrain from taking it until after your blood test and ultrasound procedure are completed.

X-ray

X-rays are not recommended for pregnant women or those who may be pregnant.



Identification

- Malaysian citizens - Identification card (I/C)
- Non-Malaysians - passport

Rescheduling of Appointments

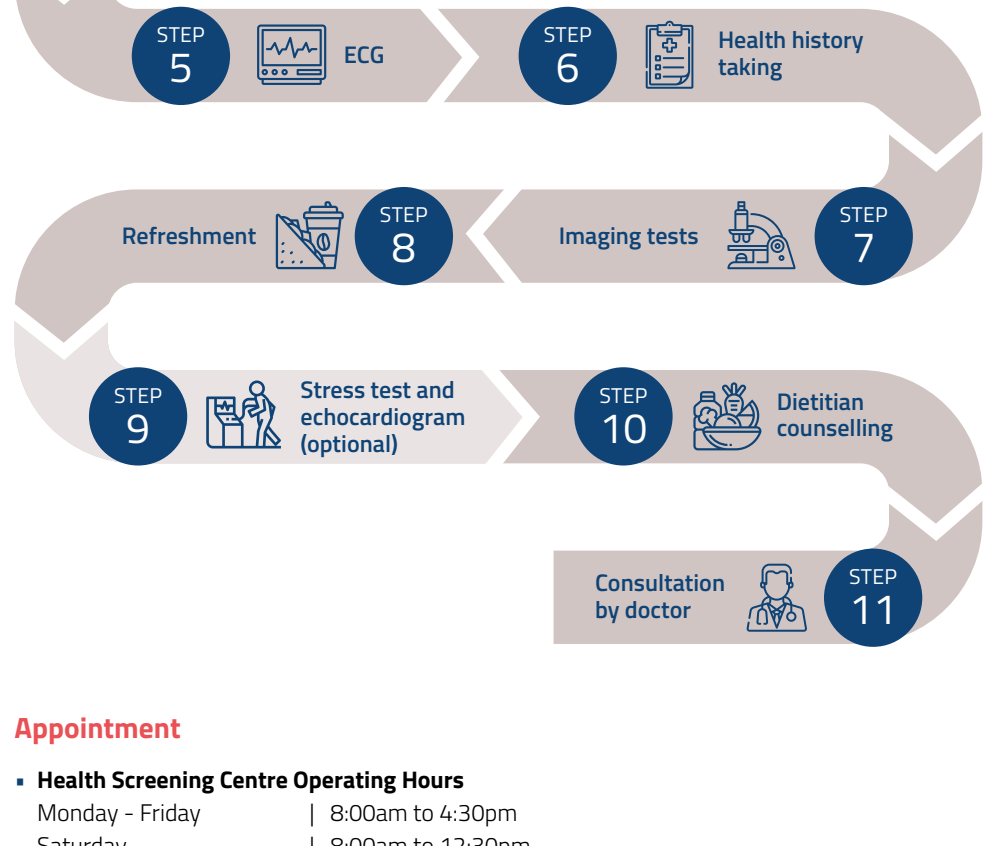
- It is recommended to reschedule your appointment if you are feeling unwell.
- For women, it is advisable to reschedule your appointment if you are on your menstrual period.

Payment

We accept the following payment methods:

- Cash (Ringgit Malaysia MYR)
- Bank transfer
- Debit/credit card
- E-wallet

Your Health Screening Journey



Appointment

- Health Screening Centre Operating Hours**
 - Monday - Friday | 8:00am to 4:30pm
 - Saturday | 8:00am to 12:30pm
 - Sunday & Public Holidays | Closed
- You are advised to call for appointment at least 2 working days in advance and to come by 8:00am in order to ensure your screening process is conducted effectively and smoothly.
- On the day of appointment, please report to Health Screening Centre at Level 5.

YOUR HEALTH, YOUR WAY: CUSTOMISE YOUR WELLNESS PACKAGE

PHYSICAL EXAMINATION



- Physical Examination
- Vital Signs
- Body Composition Analysis
- Diet Assessment/ Counselling



- Visual Acuity

BLOOD INVESTIGATION



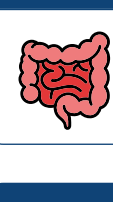
- Blood Grouping
- Full Blood Count (FBC)
- Lipid Profile
- Rheumatoid Factor (RF)

BLOOD SUGAR



- Fasting Blood Sugar
- HbA1c

CARDIAC SCREENING



- Resting ECG
- Echocardiogram
- CT Scan - Coronary Artery Calcium
- Stress Test

DIGESTIVE SYSTEM



- Urea Breath Test
- Helicobacter Pylori IgG

BONES



- DEXA

VDRL (VENERAL DISEASE TESTS) & HIV TESTS



- Syphilis
- HIV I & II (Antibody Screening)

RADIOLOGICAL SCREENING



- Ultrasound - Abdomen
- Ultrasound - Pelvis

VASCULAR SCREENING

- Ultrasound Carotid Artery
- Ultrasound Abdominal Aorta
- Ultrasound Lower Limb Vein
- Ankle Brachial Pressure Index (ABPI)

THYROID TESTS



- Thyroid test, Free T3
- Free T4
- Thyroid Stimulating Hormone (TSH)
- Ultrasound - Neck

LUNGS



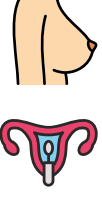
- Chest X-Ray
- CT Scan - Lung

LIVER



- Liver Function Test (LFT)
- Hepatitis A Screening (Ab) IgG
- Hepatitis B Screening (Ag, Ab)
- Hepatitis C Virus Antibody
- Ultrasound - Fatty Liver & Liver Fibrosis Test

KIDNEYS



- Renal Function Test (RFT)
- Urine FEME (Microalbuminuria)

FOR FEMALES



- Ultrasound - Breasts
- Mammogram



- Liquid-based Pap Smear Test



- Cancer Tumour Markers
 - CEA (Colon)
 - AFP (Alpha Fetoprotein)
 - CA 125 (Ovaries)
 - CA 19.9 (Pancreas)
 - CA 15.3 (Breasts)

FOR MALES



- Cancer Tumour Markers
 - CEA (Colon)
 - AFP (Alpha Fetoprotein)
 - PSA (Prostate)
 - CA 19.9 (Pancreas)