



## Health Exam Package List and Precautions

|           |  |                   |                                                                                                      |
|-----------|--|-------------------|------------------------------------------------------------------------------------------------------|
| Exam Date |  | Check-in Time     | (Please be on time)                                                                                  |
| Name      |  | Check-in Location | No. 125 Lide Road, Beitou District,<br>Taipei City (Medical Building)<br><br>Health Promotion Center |
| ID/ARC    |  |                   |                                                                                                      |

**Please check the items in the health exam package list.** (To ensure the safety of medications and food products, packages cannot be returned or exchanged once they have been shipped) :

### **Remember to bring the following items on the day of the exam:**

- ID card, health insurance card (foreigners, please bring your passport or ARC for identification)
- Consent forms for each exam
- Employee identification or other proof of employment for applicable company/government employee discounts
- Stool sample collection bottle (ignore if you are not scheduled for this exam)

### **Day of Precautions:**

- If you are scheduled for a gastroscopy/colonoscopy exam, please follow the preparation and medication instructions.
- Please do not take blood sugar-lowering medication.
- Continue to fast and avoid drinking water. If you must take chronic disease medication (e.g., hypertension meds), you can drink up to 50cc of water.
- Please refrain from wearing makeup or using hair gel or skincare products on the day of the examination. Do not wear contact lenses or any jewelry. If you have gel or artificial nails, please remove them in advance to avoid affecting the safety and quality of your gastrointestinal endoscopy or magnetic resonance imaging (MRI) examination.
- If you have any metallic implants in your body, please contact us in advance to ensure the safety of the MRI examination and the quality of image interpretation. (Dentures, dental implants, and orthopedic fixation hardware are not included in this restriction.)
- To ensure your safety, if you have scheduled an endoscopic examination with anesthesia on the same day, please avoid driving or riding a scooter.



## Pre-Exam Precautions:

| Time          | Item                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |               |                    |      |               |      |               |      |               |      |               |       |               |       |               |               |                    |       |               |       |               |       |               |       |               |       |               |
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| 7 Days Before | <ul style="list-style-type: none"><li>If you are scheduled for a gastroscopy/colonoscopy exam, please follow the preparation and medication instructions.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |               |                    |      |               |      |               |      |               |      |               |       |               |       |               |               |                    |       |               |       |               |       |               |       |               |       |               |
| 5 Days Before | <ul style="list-style-type: none"><li>If your stool sample is collected for chemical analysis, please avoid consuming the following foods :<ol style="list-style-type: none"><li>carrots, red meat , animal offal and food containing animal blood.</li><li>iron supplements and various health supplements.</li></ol></li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |               |                    |      |               |      |               |      |               |      |               |       |               |       |               |               |                    |       |               |       |               |       |               |       |               |       |               |
| 2 Days Before | <ul style="list-style-type: none"><li>Please collect a stool sample 1-2 days before the exam (see instructions for collecting stool samples.)</li><li>Avoid sexual activity, ejaculation, or undergoing a digital rectal examination. For women, please take a shower instead of a bath and refrain from using vaginal suppositories, douches, or any related vaginal medications or products to avoid affecting the test results and interpretation.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |               |                    |      |               |      |               |      |               |      |               |       |               |       |               |               |                    |       |               |       |               |       |               |       |               |       |               |
| 1 Days Before | <div><ul style="list-style-type: none"><li>Avoid consuming drinks containing caffeine (e.g., coffee, tea, soda)</li><li>If a bone health examination or bone mineral density (BMD) test is scheduled, please stop taking bone-strengthening agents and calcium tablets.</li><li>Please avoid consuming gas-producing foods such as dairy, eggs, and beans to prevent abdominal bloating that could affect the exam results.</li><li>For individuals not undergoing gastrointestinal endoscopy, complete fasting, including no food or water, is required for 8 hours prior to the examination and until the examination is completed (see table below). For individuals scheduled for gastrointestinal endoscopy, please follow the instructions regarding dietary restrictions, medication use, and fluid intake provided in the Endoscopy Preparation and Medication Guidelines.</li></ul><div><table><tr><th>Check-in Time</th><th>Fasting Start Time</th></tr><tr><td>8:00</td><td>0:00 Same Day</td></tr><tr><td>8:30</td><td>0:30 Same Day</td></tr><tr><td>9:00</td><td>1:00 Same Day</td></tr><tr><td>9:30</td><td>1:30 Same Day</td></tr><tr><td>10:00</td><td>2:00 Same Day</td></tr><tr><td>10:30</td><td>2:30 Same Day</td></tr></table><table><tr><th>Check-in Time</th><th>Fasting Start Time</th></tr><tr><td>13:00</td><td>5:00 Same Day</td></tr><tr><td>13:30</td><td>5:30 Same Day</td></tr><tr><td>14:00</td><td>6:00 Same Day</td></tr><tr><td>14:30</td><td>6:30 Same Day</td></tr><tr><td>15:00</td><td>7:00 Same Day</td></tr></table></div><ul style="list-style-type: none"><li>Please remove all gel nails or nail art before your exam. They may affect the safety of your gastroscopy or MRI, and the exam may not be possible.</li><li>Remove any metallic (including aluminum or other metals) patches on the skin, including pain patches, hormone patches, smoking patches, acupuncture plaster, magnetic patches, etc.</li></ul></div> | Check-in Time | Fasting Start Time | 8:00 | 0:00 Same Day | 8:30 | 0:30 Same Day | 9:00 | 1:00 Same Day | 9:30 | 1:30 Same Day | 10:00 | 2:00 Same Day | 10:30 | 2:30 Same Day | Check-in Time | Fasting Start Time | 13:00 | 5:00 Same Day | 13:30 | 5:30 Same Day | 14:00 | 6:00 Same Day | 14:30 | 6:30 Same Day | 15:00 | 7:00 Same Day |
| Check-in Time | Fasting Start Time                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |               |                    |      |               |      |               |      |               |      |               |       |               |       |               |               |                    |       |               |       |               |       |               |       |               |       |               |
| 8:00          | 0:00 Same Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |               |                    |      |               |      |               |      |               |      |               |       |               |       |               |               |                    |       |               |       |               |       |               |       |               |       |               |
| 8:30          | 0:30 Same Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |               |                    |      |               |      |               |      |               |      |               |       |               |       |               |               |                    |       |               |       |               |       |               |       |               |       |               |
| 9:00          | 1:00 Same Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |               |                    |      |               |      |               |      |               |      |               |       |               |       |               |               |                    |       |               |       |               |       |               |       |               |       |               |
| 9:30          | 1:30 Same Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |               |                    |      |               |      |               |      |               |      |               |       |               |       |               |               |                    |       |               |       |               |       |               |       |               |       |               |
| 10:00         | 2:00 Same Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |               |                    |      |               |      |               |      |               |      |               |       |               |       |               |               |                    |       |               |       |               |       |               |       |               |       |               |
| 10:30         | 2:30 Same Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |               |                    |      |               |      |               |      |               |      |               |       |               |       |               |               |                    |       |               |       |               |       |               |       |               |       |               |
| Check-in Time | Fasting Start Time                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |               |                    |      |               |      |               |      |               |      |               |       |               |       |               |               |                    |       |               |       |               |       |               |       |               |       |               |
| 13:00         | 5:00 Same Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |               |                    |      |               |      |               |      |               |      |               |       |               |       |               |               |                    |       |               |       |               |       |               |       |               |       |               |
| 13:30         | 5:30 Same Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |               |                    |      |               |      |               |      |               |      |               |       |               |       |               |               |                    |       |               |       |               |       |               |       |               |       |               |
| 14:00         | 6:00 Same Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |               |                    |      |               |      |               |      |               |      |               |       |               |       |               |               |                    |       |               |       |               |       |               |       |               |       |               |
| 14:30         | 6:30 Same Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |               |                    |      |               |      |               |      |               |      |               |       |               |       |               |               |                    |       |               |       |               |       |               |       |               |       |               |
| 15:00         | 7:00 Same Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |               |                    |      |               |      |               |      |               |      |               |       |               |       |               |               |                    |       |               |       |               |       |               |       |               |       |               |

## **Reminders:**

- If you experience any discomfort, severe cough, or fever (**ear temperature  $\geq 38^{\circ}\text{C}$  or forehead temperature  $\geq 37.5^{\circ}\text{C}$** ) in the two days before the examination, it is recommended to postpone the check-up. If you have scheduled a colonoscopy, please refrain from taking laxatives and meal replacements temporarily. During office hours, please call for assistance to reschedule your appointment.
- Please arrive on time and follow all precautions to ensure a smooth examination process.
- Pregnant or potentially pregnant women undergoing a health exam (please inform the hospital staff of your pregnancy status) should not undergo radiation exams such as X-rays; if you are on your menstrual period on the day of the health check-up, certain test results may be affected. We will arrange for you to complete the affected tests three days after your period ends.
- To safeguard your rights and ensure the integrity and timeliness of the health examination report, please complete any necessary follow-up procedures within 14 days from the day of the health check. Failure to do so will be regarded as a waiver of the respective examination.
- If you have an implanted cardiac pacemaker, brain vessel clip (or coil), artificial heart valve, or implantable electronic hearing aid, please inform the medical staff.
- The time required for your health check-up is related to your examination items and schedule, so please allow ample time. If your examination package includes Advanced heart and vascular care, Premier heart and vascular care, Premier plus heart and vascular care, or if the package includes an echocardiogram, please do not schedule any other activities on the day of your examination, as these tests are conducted in the afternoon and require a longer time to complete.
- If there is a typhoon, any changes to the health check-up service at our center will be primarily announced on our hospital website and the LINE official account  
LINE:@kfsysccpe(Scan the QR code to follow our official LINE account)
- If you have any questions, please contact us during business hours at (02) 2897-0011 ext. 3205, 3206, 3207, or 3208. Service hours: Monday to Friday, 8:30-17:00 (closed on national holidays)

## **Onsite Payment Methods:**

- Cash or credit card payments are accepted.
- If you need a company receipt, please fill out the following information.

Company Name: \_\_\_\_\_  
Company UI Number: \_\_\_\_\_ / Amount Issued: \_\_\_\_\_ NTD



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## Transportation Information:

- Address: No. 125 Lide Road, Beitou District, Taipei City, Taiwan  
台北市北投區立德路125號和信治癌中心醫院
- Take the MRT: If you take the Tamsui Line of the MRT, get off at Zhongyi Station and turn right at Exit 2. Follow the MRT track for 5 minutes to reach the hospital. If you get off at Guandu Station, take the free shuttle bus that departs from a streetlight near Exit 1 and runs every 15 minutes.
- Driving: If you drive from Taipei City, head towards Tamsui and turn right onto Dadu Road. Then turn right onto Lide Road to reach the hospital.
  1. Parking: Spaces are available in the medical building parking lot and the research building parking lot.
  2. Parking Fee: NT\$50 per hour. One complimentary parking privilege will be provided for patients with same-day health examination fees of NT\$8,000 or above.
- To ensure your safety, if you have scheduled an endoscopic examination with anesthesia on the same day, please avoid driving or riding a scooter.

