

FOR WOMEN:

To enable appropriate gynecological examination, intimate hygiene should only be done externally.

In the 48 hours preceding the examination, the following instructions must be adhered to:

- Do not use vaginal cream and/or ovule;
- Do not use vaginal shower or perform internal cleansing;
- Do not undergo pelvic examination and/or have a transvaginal ultrasound;
- Do not have sexual intercourse with or without condoms.

Gynecological examination during menstruation should be avoided.

If possible, bring your previous mammogram with you (film and report).

FOR 40-YEAR-OLD OR OLDER MEN:

The prostate specific antigen (PSA) blood test is part of the health checkup for 40-year-old or older men.

The following instructions must be adhered to before the test:

- Do not ejaculate during at least 2 days and at most 5 days preceding the test;
- Do not ride bicycles, motorcycles or practice horse riding during at least 2 days preceding the test;
- Do not undergo urethral examination, digital rectal examination or use suppositories during the 3 days preceding the test;
- Do not undergo a cystoscopy during the 5 days preceding the test;
- Do not have a transrectal ultrasound during the 7 days preceding the test;
- Do not have a colonoscopy or sigmoidoscopy during the 15 days preceding the test;
- Do not undergo urodynamic studies during the 21 days preceding the test;
- Do not have a prostate biopsy during the 30 days preceding the test.

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Health Checkup Instructions



Please pay special attention to these instructions. They have been prepared to ensure that the tests show your actual health status.

Do not have a checkup if you have the following health problems: fever, flu, acute infections in general, acute injuries of the spine or limbs, diarrhea, vomiting, and headache, or during menstruation or pregnancy. People weighing over 140 kg cannot perform the exercise test.

QUESTIONNAIRES

Please complete the questionnaires included in the kit.

Clients who have previously had other checkups at Hospital Alemão Oswaldo Cruz do not need to complete the personal data questionnaire, since these data will be updated on the day of the checkup.

TIME

Go to the checkup facility on the previously scheduled day and time. Checkup tests and visits take approximately 6 hours.

ON THE DAY BEFORE

Have your usual diet. Avoid drinking alcohol. It is advisable to drink at least 8 glasses of water, since good hydration is important for the tests.

MEDICATIONS

If you are on any medication, do not stop taking it, except if your doctor recommends discontinuing the treatment. Bring your medication to be taken after blood collection.

FASTING

A 10-hour fast is required. You can have your usual diet up to 9 p.m. on the day before the tests. Water intake is allowed after that time. Full breakfast is offered after blood collection and performance of abdominal ultrasound.

SMOKING

Please do not smoke on the day of the checkup.

RECOMMENDATIONS

Wear comfortable clothes and shoes, such as shorts, sports clothes, sneakers or rubber sole shoes, to facilitate physical examinations and tests. Please note that the room temperature is approximately 21 degrees Celsius. Bring a light sweater. Wear glasses instead of contact lenses.

ON THE DAY OF THE CHECKUP, DO NOT USE:

- Hydrating body cream;
- Perfume;
- Nail polish and makeup to avoid interfering with the results of skin tests.

FURTHER INFORMATION

Parking is free of charge for clients of the Checkup Center during exams.

The Checkup Center has changing rooms with lockers and showers and it provides a shower kit (towels, shampoo, and soap).

SAMPLE COLLECTION INSTRUCTIONS

Urine Collection

Preferably collect the first urine of the day. If this is not possible, collect a sample after 3 hours without urinating.

Procedure:

- Use soap and water for genital hygiene, pass the first urine stream into the toilet and collect the mid stream until filling the plastic vial with 20 mL. The last urine stream should also be discarded.
- Label the vial with your full name.

Stool Collection

The material can be delivered to the checkup facility within 2 hours of collection if kept at room temperature; or up to 12 hours after collection if refrigerated.

Procedure:

- Collect stool directly into a large plastic vial with a seal (the material cannot be collected from the toilet);
- Do not allow material to be "contaminated" with urine;
- Use the supplied spoon to transfer part of the stool (1 portion) to the vial containing the preservative. Place the lid on the vial and shake it;
- Close the large vial using the seal and label both vials with your full name;
- Place both vials into the bag, making sure they were properly closed (to prevent leaks).

Test kit: the hospital provides a kit with instructions, questionnaires, and vials to collect urine and stool that is available at both checkup facilities.