

Preparation for Corporate Physical Examination

The night before your physical exam:

Please finish your dinner at least 12 hours before your appointment. For example, if your appointment is at 9:00 am, you need to finish your dinner by 9:00 pm. After that, you may drink only water. However, if you also have an upper GI series or abdominal sonogram, do not eat, drink, smoke or chew anything 12 hours prior to your appointment. If you are taking any medication or you are on a diabetic diet, please let us know in advance.

Things you need to bring:

1. Ambulatory Patient Self Assessment (for new patients only)
2. Insurance/Patient Registration Form (for new patients or changing address etc.)
3. Japanese Corporate Physical Exam. Waiver of Liability
4. Hemocult Kit
5. Contact lens case or prescribed glasses
6. Insurance card (for claiming any additional test to insurance)
7. Immunization record (for pediatric patient only)
8. Previous physical exam report/Lab results (If you had it with us, you do not have to bring it.)
9. ID with picture (Driver's license or Passport)

For female patients:

If you have your period on the day of your physical exam, the urine test, hemocult and Pap smear test cannot be done. For these tests, please make an appointment a week after your period finished. Or if you want to reschedule the entire physical exam, please call us. If you are pregnant or suspect that you are to be pregnant, X-ray tests (chest or upper gastrointestinal series) cannot be done. Please let us know when you call for appointment. If you have mammogram, please do not use underarm deodorant.

About the result:

Your result will be mailed out to your home address within 3 weeks. However, if there is an abnormal finding that needs immediate attention or you need to retake one of the tests, we will call you.

Follow up:

If you are advised to follow up because of an abnormal result, you can do it at our facility, or we may refer you to the specialist.

Cancellation policy:

Please arrive at the clinic on time. If you are late, you may not be able to take some tests. A \$75 cancellation fee may be charged if you cancel less than 24 hours before your appointment or if you do not show up.

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