

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 9am, you need to finish your dinner by 9pm. After that, you may drink only water. However:

- if you also have EGD, do not eat, drink, smoke or chew anything 8 hours prior to the exam.
 - if you also have Upper GI or Abdominal Sono, do not eat, drink, smoke or chew anything 12 hours prior to the exam.
- 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. Japanese Corporate Physical Exam. Waiver of Liability
2. Hemoccult Kit
3. Contact lens case or prescribed glasses
4. Insurance card (for claiming any additional test to insurance)
5. Immunization record (for pediatric patient only)
6. Previous physical exam report/Lab results (If you had it with us, you do not have to bring it.)
7. Photo ID (Driver's license or Passport)

For female patients:

If you have your period on the day of your exam, Urine test, Hemoccult 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) 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 report will be ready 2-3 weeks after your exam. The report is either mailed out to your home address or uploaded to your MyMountSinai (portal account), either way you can choose. 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 due to an abnormal result, you can do it at our facility, or we may refer you to the specialist. Please be advised that follow up is not within the scope of Corporate Physical but considered a separate consultation, and will be billed to the insurance as a separate visit subject to copay/co-insurance/deductible etc.

Cancellation policy:

Please arrive at our clinic on time. If you are late, you may not be able to take some tests.

\$75 fee may be charged if you cancel less than 24 hours before your appointment or if you do not show up.

Please do NOT cancel from MyMountSinai (portal account). Please be sure to cancel by calling us.