

Health Promotion Center

Health Renaissance For You

Information on Health Examination

THE CATHOLIC UNIVERSITY OF KOREA, SEOUL ST.MARY'S HOSPITAL



THE CATHOLIC UNIVERSITY OF KOREA
SEOUL ST.MARY'S HOSPITAL

Health Promotion Center



Health Renaissance For You

Your dream of life-time health comes true at the Health Promotion Center, The Catholic University of Korea Seoul St. Mary's Hospital!

Lifetime Partners For You

Each patient is provided with the customized lifelong health management service based on thorough analysis of the examination results by medical specialists and computerized programs.

Top Specialists For You

Highly experienced, specialized doctors and expert medical staffs will conduct a comfortable yet accurate health examination and kindly explain the process and the results to you at the Health Promotion Center.

High Technology For You

The state-of-art medical equipment like CT and MRI has enhanced patient convenience, while the introduction of many other items of cutting-edge equipment ensures prompt and accurate health examination.

Comfortable Space For You

Eco-friendly and elegant architectural and interior designs make your health examination a high-class experience.

Special Services For You

Services that tend to a patient's every need are provided.

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I. Information on Health Examination

1
Reservation



- TEL: 1588-8668 (ARS 1)
- FAX: 02-2258-2140
- Website: www.cmcseoul.or.kr/global/eng/front
- Visit: Reservation and Counseling Office, 4F Health Promotion Center, The Catholic University of Korea Seoul St. Mary's Hospital.

2
Registration



- Submit the prepared goods (examination sheet, and container for stool)
- Information for examination process
- Reservation with result consultation: Select for visiting, mail or TEL consultation
- Pay the costs of examination (Cash[KRW] or credit card)

3
Change of Clothes



- Personal lockers to keep belongings and valuables.
- Change your clothes (wear underwear and remove the accessories) to examination gown and slipper.

4
Examination



- Undertake examination following the guidance

5
Completion of Examination



- Return the key to the member of staffs after changing the clothes
- Receive the meal ticket at the reception and re-confirm the reservation for result consultation

6
Returning Home



- Simple meal
- Refrain from smoking and irritable food (alcohol, smoking, spicy food and others)
- No driving on the day of endoscopy under conscious sedation

7
Result Consultation



- Dr.'s consultation.
- Contact out patient clinic when you have diagnosed.

II. Preparation on Health Examination



Stool
Collection



No Food
(Fasting)



Medication
Consumption



Medication
Consumption



Preparations

1. Advance preparation for examination

- Collection of stool is prepared on the previous evening or the day of the medical examination.
- Avoid of meats, drinks and excessive exercise at least 2-3days prior to the Examination
- **Morning examination**
Finish your dinner by 8:00 pm for the evening prior to the examination and do not consume any food after 9 o'clock at night.
- **Afternoon examination.**
Do not eat or drink from 12:00 am on the night before the examination until you arrive at the Center. If you have diabetes, please consult with a nurse or your doctor.
- During the fasting period, absolutely do not take **gum, candy, cigarette or water.**
- **Any client for colonoscopy must refer to the attached information for there is a difference in fasting method.**

For taking the biopsy or removing polyp in endoscopy, there is a risk of bleeding that any client taking the endoscopy has to take as follows

- **Antithrombotic** (Aspirin, Plavix, Yuyu Creed, Disgren, Persantin, Pletaal, Ibustrin and others): Make sure to consult with the doctor in charge of the hospital that prescribed the applicable drug **at least 3days before the examination.** Any client who can stop taking the drug shall stop to take **at least 3days before the examination.**
(**Stop taking at least 2days before the examination for Coumadin/Warfarin**)
- **Anticoagulation** (Heparain and others): Make sure to consult with the doctor in charge of the hospital that prescribed the applicable drug **at least 3 days before the examination.** Any client who can stop taking the drug shall stop to take **at least 3 days before the examination.**

Any client taking the CT Scan with Contrast medium has to take as follows

- Metformin(Diabex tablet, Diabex XR tablet, Glupa tablet, Glucovance tablet, Janumet tablet, Galvasmet tablet and Amaryl-M tablet, etc.) for diabetes : If you are currently on the medication, you need to stop taking it for **48 hours before and after** the test to prevent side effect.

2. Preparation on the day of examination

- **High blood pressure medications:** Make sure to consume with sips of water at 6 o'clock in the morning.
- **Diabetes medications:** Do not take the insulin or diabetes medications on the day of the examination.
- Refer **to page 5** to collect the stool in stool container.
- Payment for cash or credit card on the examination day.
- Bring your eye glasses for eye sight examination.

III. How to collect stool sample



How to use the container

- ① Fill in the name and date of collection on the label of the container and the container vinyl, respectively.
- ② Use the spoon attached on the container cap as shown in above picture to take approximately 5g or more (a half of the container) from 3-4 points.
- ③ Collect the part with blood, mucus, pus other than food waste in the stool.
- ④ Evenly collect from the liquid part or solid part.

IV. Information for Woman Client



1. Purpose of testing

With the change of lifestyle in raw fish, raw diet, organic vegetable, imported grain or fishery products, contemporary people are increasingly exposed to the parasite infection. The stool examination is an important to check the parasite Infection and bleeding in the digestive system.

2. Time of stool collection

- Collection of stool is prepared on the container on the previous evening or the day of the examination.
- Any client for colonoscopy has to collect it before taking intestine medicines.

3. Cautions

- Old stool disturbs an accurate result.
- The collected stool has to be kept in cold and cool area for better test accuracy.
- If you are in menstrual period, please delay stool test.
- Make sure to fill out the date and name in cover of container.

1. Caution before radiation test

Pre-testing pregnancy is required.

In order to avoid the risk of fetus by the exposure to the radiation during the test, all women in fertile period has to check the menstruation period to confirm the pregnancy. **On the day of the examination, any person who lapsed 11 days from the last menstruation period has to consult with the coordinator.**

In addition, the mammography may not be allowed during the breast feed, you may have the test later (within a year).

2. Caution before testing for liquid uterine cervical cancer

- Do not have sexual intercourse, use the gel or cream for 24 hours prior to the examination.
- During the menstruation, you may continue the examination after consulting with the physician.

3. Others

- For women, the examination date would be the best to be done 4-5 days after the menstruation.
- During the menstruation, the urine test shall not be implemented, and you may have the test later (within a year).

V. Consultation after health examination

Visiting



Mail



Telephone



Result Inquiry



When you are having the interview for the examination, you may select any one of the followings

- You may set the reservation date around 7 days before and after the examination and visit the Center to have the consultation for the result with the physician.
- You may have the house delivery of the result within 7-10days after the examination.
- If you have difficulty in visiting the Center, you may set the reservation date after 10 days from the examination. And, you will receive the result in mail, and the physician will call you on the scheduled date.
- After the doctor's consultation, in case of diagnosed, we will refer to the international clinic.
- If you want to change the result consultation method or the date, please contact in advance (TEL: 1588-8668 (ARS 1)) to make the change.

VI. Other Information

- When you change your reservation, make sure to contact us at least 3 days before the scheduled date.
- For the flawless test service, make sure to be on time for reservation.
- Please refrain from bringing personal valuables and children as much as possible.
- When testing for endoscopy under conscious sedation, you are required bring a guardian, and you are required not to drive on the date that you may find alternative or use public transportation.

VII. Map and How to Find Us



Subway Line **2** **3** **7** **9**

Subway Line No. 2 at Seocho Station (Exit 7)

Subway Line No. 3 at Express Bus Terminal Station (Direction to the College of Medicine at the Catholic University of Korea/ Exit 2 and 7/ 10 minutes on foot)

Subway Line No. 7 at Express Bus Terminal Station (Direction to the College of Medicine at the Catholic University of Korea/ Exit 3 and 4/ 10 minutes on foot)

Subway Line No. 9 at Express Bus Terminal Station (Direction to the College of Medicine at the Catholic University of Korea/ Line No.7 Exit 3 and 4/ 10 minutes on foot)

• Artery bus (Blue)
142, 540, 642, 405, 740

• Branch bus (Green)
3414, 3420, 4425, 5413,
Seocho 01, Seocho 13,
Seocho 14 and Seocho 21

• Reserved bus (Red) 9408

• Airport bus 609, 600
Gangnam Express Bus Terminal
Gangnam (stops at hotels)

Shuttle bus

Subway Line No. 3, 7, 9 at Express Bus Terminal Station (Exit 2, 3, 4, 7)

Classification	Weekdays	Saturday
First bus	08:00	08:30
Last bus	18:00	12:30
Remark	8~10 minutes	30 minutes of interval

Subway Line No. 2 at Seocho Station (Exit 7)

Classification	Weekdays	Saturday
First bus	08:00	08:30
Last bus	18:00	12:30
Remark	20 minutes	30 minutes of interval



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Reservation 1588-8668 (ARS 1) **Fax** 02-2258-2140

Weekdays 07:30 ~ 16:30

Every 1st, 3rd Saturday 07:30 ~ 11:30

www.cmcseoul.or.kr/global/eng/front

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