



DISTRICT
FAMILY CLINICS

HEALTH SCREENING PACKAGES



Table of **Contents**

Health Screening @ DFC	1
General Health Screening	2 -11
STD Screening	12 - 16
Allergy Testing	17-18
Other Tests	19-24
Pre-Screening Guidelines	25

Health Screening @ District Family Clinics


Importance of Health Screening

Regular Health Screening can help to detect abnormalities in our health, which may in turn help to detect any early illnesses even before we feel the symptoms and treat or manage them before they become critical, life threatening illnesses.

Why should you get your Health Screening done at DFC?

Here at DFC, we always try our best to ensure that every patient experiences a personalised healthcare experience. Our staff and doctors will ensure that you feel comfortable and safe, and receive the best care and advice for your health.

Our doctors will ensure that every part of your health report is explained in detail to you. Rest assured that your health is in good hands with our team of doctors helping you to take charge of your health.



NON-FASTING HEALTH SCREENING PACKAGES

BASIC

\$30

Health Screening Package

Non-Fasting

This package comprises of the following:

- **Lipids**

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Direct LDL (if TG \geq 4.5 mmol/L or 81 mg/dl)
- Cholesterol - HDL Ratio
- Triglycerides

- **Diabetics**

- HbA1c
- Blood Glucose (eAG)

This package requires sample(s) of Blood.

ESSENTIAL

\$88

Health Screening Package

Non-Fasting

This package comprises of the following:

- **Haematology**
 - Full Blood Count
 - Erythrocyte Sedimentation Rate (ESR)
- **Lipids**
 - Total Cholesterol
 - HDL Cholesterol
 - LDL Cholesterol
 - Direct LDL (if TG \geq 4.5 mmol/L or 81 mg/dl)
 - Cholesterol - HDL Ratio
 - Triglycerides
- **Diabetics**
 - HbA1c
 - Blood Glucose (eAG)
- **Kidney/Renal Function**
 - Urea
 - Creatinine
 - Sodium
 - Potassium
 - Chloride
 - CO₂ (Bicarbonate)
 - eGFR
 - Urine Microalbumin - Creatinine Ratio
- **Bone & Joints Profile**
 - Calcium
 - Phosphate
 - Uric Acid
 - Rheumatoid Factor (RF)
- **Liver Function**
 - Total Protein
 - Albumin
 - Globulin
 - A/G Ratio
 - Total Bilirubin
 - Indirect Bilirubin (if Total Bilirubin elevated)
 - Alkaline Phosphatase
 - AST/SGOT
 - ALT/SGPT
 - GGT
- **Urinalysis**
 - Urine FEME

This package requires sample(s) of Blood and Urine.

ENHANCED

\$158

Health Screening Package

Non-Fasting

This package comprises of the following:

- **Haematology**
 - Full Blood Count
 - Erythrocyte Sedimentation Rate (ESR)
- **Lipids**
 - Total Cholesterol
 - HDL Cholesterol
 - LDL Cholesterol
 - Direct LDL (if TG \geq 4.5 mmol/L or 81 mg/dl)
 - Cholesterol – HDL Ratio
 - Triglycerides
- **Diabetics**
 - HbA1c
 - Blood Glucose (eAG)
- **Inflammatory Marker**
 - hsCRP
- **Kidney/Renal Function**
 - Urea
 - Creatinine
 - Sodium
 - Potassium
 - Chloride
 - CO₂ (Bicarbonate)
 - eGFR
 - Urine Microalbumin – Creatinine Ratio
- **Bone & Joints Profile**
 - Calcium
 - Phosphate
 - Uric Acid
 - Rheumatoid Factor (RF)
- **Liver Function**
 - Total Protein
 - Albumin
 - Globulin
 - A/G Ratio
 - Total Bilirubin
 - Indirect Bilirubin (if Total Bilirubin elevated)
 - Alkaline Phosphatase
 - AST/SGOT
 - ALT/SGPT
 - GGT
- **Thyroid Function**
 - Free T4 (FT4)
 - Thyroid Stimulating Hormone (TSH)
- **Hepatitis Screen**
 - Hepatitis Bs Antigen (HBsAg)
 - Hepatitis Bs Antibody (HBsAb)
 - Hepatitis A Total IgG
- **Tumour Markers**
 - Alpha Fetoprotein (AFP)
 - Carcinoembryonic Antigen (CEA)
- **Urinalysis**
 - Urine FEME

This package requires sample(s) of Blood, Urine and Stool.

COMPLETE

\$228

Health Screening Package

Non-Fasting

This package comprises of the following:

• Haematology

- Full Blood Count
- Erythrocyte Sedimentation Rate (ESR)

• Lipids

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Direct LDL (if TG \geq 4.5 mmol/L or 81 mg/dl)
- Cholesterol - HDL Ratio
- Triglycerides

• Diabetics

- HbA1c
- Blood Glucose (eAG)

• Inflammatory Marker

- hsCRP

• Kidney/Renal Function

- Urea
- Creatinine
- Sodium
- Potassium
- Chloride
- CO₂ (Bicarbonate)
- eGFR
- Urine Microalbumin - Creatinine Ratio

• Bone & Joints Profile

- Calcium
- Phosphate
- Uric Acid
- Rheumatoid Factor (RF)

• Urinalysis

- Urine FEME

• Liver Function

- Total Protein
- Albumin
- Globulin
- A/G Ratio
- Total Bilirubin
- Indirect Bilirubin (if Total Bilirubin elevated)
- Alkaline Phosphatase
- AST/SGOT
- ALT/SGPT
- GGT

• Thyroid Function

- Free T₄ (FT₄)
- Thyroid Stimulating Hormone (TSH)

• Hepatitis Screen

- Hepatitis Bs Antigen (HBsAg)
- Hepatitis Bs Antibody (HBsAb)
- Hepatitis A Total IgG
- Anti-HCV

• Tumour Markers

- Alpha Fetoprotein (AFP)
- Carcinoembryonic Antigen (CEA)
- PSA (Male) / CA125 (Female)

• Iron Studies


- Iron
- Total Iron Binding Capacity (TIBC)
- % Iron Saturation
- Transferrin
- Ferritin

• Vitamin Deficiency

- Folate / Folic Acid
- Vitamin B12

• Stool Analysis

- Stool Occult Blood (Immunological)



FASTING HEALTH SCREENING PACKAGES

PRIME

\$78

Health Screening Package

Fasting

This package comprises of the following:

- **Haematology**
 - Full Blood Count
 - Erythrocyte Sedimentation Rate (ESR)
- **Lipids**
 - Total Cholesterol
 - HDL Cholesterol
 - LDL Cholesterol
 - Cholesterol - HDL Ratio
 - Triglycerides
- **Diabetics**
 - Glucose
- **Kidney/Renal Function**
 - Urea
 - Creatinine
 - Sodium
 - Potassium
 - Chloride
 - CO₂ (Bicarbonate)
 - eGFR
 - Urine Microalbumin - Creatinine Ratio
- **Bone & Joints Profile**
 - Calcium
 - Phosphate
 - Uric Acid
 - Rheumatoid Factor (RF)
- **Liver Function**
 - Total Protein
 - Albumin
 - Globulin
 - A/G Ratio
 - Total Bilirubin
 - Indirect Bilirubin *(if Total Bilirubin elevated)*
 - Alkaline Phosphatase
 - AST/SGOT
 - ALT/SGPT
 - GGT
- **Urinalysis**
 - Urine FEME

This package requires sample(s) of Blood and Urine.

ELITE

\$168

Health Screening Package

Fasting

This package comprises of the following:

- **Haematology**
 - Full Blood Count
 - Erythrocyte Sedimentation Rate (ESR)
- **Lipids**
 - Total Cholesterol
 - HDL Cholesterol
 - LDL Cholesterol
 - Cholesterol – HDL Ratio
 - Triglycerides
- **Diabetics**
 - Glucose
 - HbA1c
 - Estimated Average Glucose (eAG)
- **Kidney/Renal Function**
 - Urea
 - Creatinine
 - Sodium
 - Potassium
 - Chloride
 - CO₂ (Bicarbonate)
 - eGFR
 - Urine Microalbumin – Creatinine Ratio
- **Bone & Joints Profile**
 - Calcium
 - Phosphate
 - Uric Acid
 - Rheumatoid Factor (RF)
- **Urinalysis**
 - Urine FEME
- **Liver Function**
 - Total Protein
 - Albumin
 - Globulin
 - A/G Ratio
 - Total Bilirubin
 - Indirect Bilirubin *(if Total Bilirubin elevated)*
 - Alkaline Phosphatase
 - AST/SGOT
 - ALT/SGPT
 - GGT
- **Thyroid Function**
 - Free T₄ (FT₄)
 - Thyroid Stimulating Hormone (TSH)
- **Hepatitis Screen**
 - Hepatitis Bs Antigen (HBsAg)
 - Hepatitis Bs Antibody (HBsAb)
- **Tumour Markers**
 - Alpha Fetoprotein (AFP)
 - Carcinoembryonic Antigen (CEA)
- **STD Screen**
 - Syphilis TP Ab (VD)
 - RPR & TPPA *(if Syphilis TP Ab reactive)*

EXECUTIVE

\$258

Health Screening Package

Fasting

This package comprises of the following:

- **Haematology**
 - Full Blood Count
 - Erythrocyte Sedimentation Rate (ESR)
- **Lipids**
 - Total Cholesterol
 - HDL Cholesterol
 - LDL Cholesterol
 - Cholesterol - HDL Ratio
 - Triglycerides
- **Diabetics**
 - Glucose
 - HbA1c
 - Estimated Average Glucose (eAG)
- **Kidney/Renal Function**
 - Urea
 - Creatinine
 - Sodium
 - Potassium
 - Chloride
 - CO2 (Bicarbonate)
 - eGFR
 - Urine Microalbumin - Creatinine Ratio
- **Bone & Joints Profile**
 - Calcium
 - Phosphate
 - Uric Acid
 - Rheumatoid Factor (RF)
- **Urinalysis**
 - Urine FEME
- **Liver Function**
 - Total Protein
 - Albumin
 - Globulin
 - A/G Ratio
 - Total Bilirubin
 - Indirect Bilirubin
 - Alkaline Phosphatase
 - AST/SGOT
 - ALT/SGPT
 - GGT
- **Thyroid Function**
 - Free T4 (FT4)
 - Thyroid Stimulating Hormone (TSH)
- **Hepatitis Screen**
 - Hepatitis Bs Antigen (HBsAg)
 - Hepatitis Bs Antibody (HBsAb)
 - Hepatitis A Total IgG
- **Tumour Markers**
 - Alpha Fetoprotein (AFP)
 - Carcinoembryonic Antigen (CEA)
 - PSA (Male) / CA125 (Female)
 - CA19.9
- **STD Screen**
 - Syphilis TP Ab (VD)
 - RPR & TPPA (if Syphilis TP Ab reactive)
- **Stool Analysis**
 - Stool Occult Blood (Immunological)

ADD-ON TESTS

Optional Add-On Tests

All available add-ons and their prices are as below:

A. Add-Ons @ \$15 each (3ml Plain Tubes unless otherwise stated)

- Albumin
- Alkaline Phosphatase
- Alanine Aminotransferase (SGPT)
- Aspartate Aminotransferase (SGOT)
- Calcium
- Total Cholesterol
- Creatine Kinase (CK or CPK)
- Chloride
- Total CO₂ (Bicarbonate)
- Creatinine
- Gamma Glutamyltransferase (GGT)
- Glucose (Fasting)
- HDL Cholesterol
- Potassium
- Sodium
- Phosphate
- Total Bilirubin
- Triglycerides
- Total Protein
- Uric Acid
- Urea

B. Add-Ons @ \$20 each (3ml Plain Tubes unless otherwise stated)

- Free T3 (FT3)
- Free T4 (FT4)
- Thyroid Stimulating Hormone (TSH)
- Glycated Haemoglobin (HbA1C)
- Hep A Antibody (Hep A IgG)
- Folate/Folic Acid
- Vitamin B12
- HsCRP
- Alpha Fetoprotein (AFP)
- Carcinoembryonic Antigen (CEA)
- CA125 (Female)
- CA15-3 (Breast)
- CA19.9 (Pancreas)
- PSA (Male)
- Stool Occult Blood
- Ferritin

C. Add-Ons @ \$28 each (3ml Plain Tubes unless otherwise stated)

- EBV NPC Screen (Nasopharyngeal Cancer)
- Helicobacter Pylori IgG Antibody
- Anti-HCV (Hepatitis C Antibody)
- Estradiol (Estrogen)
- Total Testosterone
- Apolipoprotein A1
- Apolipoprotein B

D. Add-Ons @ \$130 each (3ml Plain Tubes unless otherwise stated)

- Total Vitamin D



STD SCREENING

BASIC

\$65

STD Screening

Non-Fasting

This package comprises of the following:

- **STD Tests**
 - HIV Ag/Ab
 - Syphilis TP Ab (VD)
 - RPR & TPPA (If Syphilis TP Ab reactive)

STANDARD

\$170

STD Screening

Non-Fasting

This package comprises of the following:

- **STD Tests**
 - HIV Ag/Ab
 - Syphilis TP Ab (VD)
 - RPR & TPPA (If Syphilis TP Ab reactive)
 - Chlamydia Trachomatis (CT)
 - Nisseria Gonorrhoeae (NG)

STANDARD+

\$350

STD Screening

Non-Fasting

This package comprises of the following:

- **STD Tests**

- HIV Ag/Ab
- Syphilis TP Ab (VD)
- RPR & TPPA (If Syphilis TP Ab reactive)
- Chlamydia Trachomatis (CT)
- Naisseria Gonorrhoeae (NG)
- Trichonomas Vaginalis (TV)
- Herpes Simplex Virus Type I IgG
- Herpes Simplex Virus Type II IgG

- **Urine**

- Urine FEME

COMPREHENSIVE

\$480

STD Screening

Non-Fasting

This package comprises of the following:

- **STD Tests**

- HIV Ag/Ab
- Syphilis TP Ab (VD)
- RPR & TPPA (If Syphilis TP Ab reactive)
- Chlamydia Trachomatis (CT)
- Nisseria Gonorrhoeae (NG)
- Herpes Simplex Virus Type I IgG
- Herpes Simplex Virus Type II IgG
- Mycoplasma Genitalium (MG)
- Hepatitis Bs Antigen (HBsAg)
- Hepatitis Bs Antibody (HBsAb)
- Hepatitis C Antibody Anti-HCV

- **Urine**

- Urine FEME



ALLERGY TESTING

ALLERGY TESTING

\$678

STD Screening

Non-Fasting

Our Allergy Testing Panel covers the following allergens:

- **Seeds & Legumes**
 - Sesame
 - Mustard Seed
 - Pea
 - Peanut
 - Soybean
- **Pollen**
 - Johnson Grass
 - Bermuda Grass
 - Timothy Grass
 - Mugwort
- **Dust Mites**
 - Dermatophagoides pteronyssinus
 - Dermatophagoides farina
- **Insects**
 - Cockroach (American)
 - Cockroach (German)
- **Animal Epidermals/Dander**
 - Cat
 - Dog
 - Hamster
- **Seafood**
 - Blue Crab
 - Squid
 - Crab
 - Oyster
 - Shrimp (Pacific)
- **Others**
 - Baker's Yeast
- **Grains**
 - Wheat Flour
 - Maize Flour
 - Rice
 - Gluten
- **Funghi**
 - Cladosporium herbarium
 - Aspergillus fumigatus
 - Alternaria alternate
- **Fruits**
 - Apple
 - Kiwi
 - Banana
 - Peach
 - Avocado
- **Milk**
 - Cow's Milk
 - Goat's Milk
- **Milk Component**
 - nBos d4 α -lactalbumin
 - nBos d5 β -lactoglobulin
 - nBos d8 Casein
- **Nuts**
 - Cashew Nut
 - Hazelnut
 - Almonds
- **Occupational**
 - Latex
- **Vegetables**
 - Garlic
 - Onion
 - Celery
 - Tomato
 - Coconut
- **Peanut Component**
 - rAra h2 (Peanut)
 - rAra h9 (Peanut)
- **Meat**
 - Pork
 - Beef
 - Chicken
- **Fish**
 - Codfish
 - Tuna
 - Salmon
- **Egg Component**
 - nGal d2 Ovalbumin (Egg White)
 - nGal d1 Ovomuroid (Egg White)



OTHER TESTS

ANAEMIA PANEL

\$80

Other Tests

This package comprises of the following:

- **Test Components**

- Full Blood Count (FBC)
- Peripheral Blood Film (PBF)
- Reticulocyte Count
- Iron
- Total Iron Binding Capacity (TIBC)
- % Iron Saturation
- Folic Acid
- Vitamin B12

FULL BLOOD COUNT

\$25

Other Tests

This package comprises of the following:

- **Test Components**
 - Full Blood Count (FBC)

DENGUE SCREEN

\$85

Other Tests

This package comprises of the following:

- **Test Components**
 - Full Blood Count (FBC)
 - Dengue NSI
 - Dengue IgG & IgM

LIPID PROFILE

\$20

Other Tests

This package comprises of the following:

- **Test Components**
 - Total Cholesterol
 - HDL
 - LDL
 - Cholesterol Ratio
 - Triglycerides
 - Glucose

THYROID PROFILE

\$52

Other Tests

This package comprises of the following:

- **Test Components**
 - Free T3 (FT3)
 - Free T4 (FT4)
 - Thyroid Stimulating Hormone (TSH)

Pre-Screening Guidelines

What Should You Bring?

- NRIC/Singpass/Employment Pass/Work Permit
- Past medical records/reports (If Any)

Preparing for your Health Screening

- Fast for **at least 8 hours** before your appointment (If required). You may resume regular eating and drinking habits after your appointment ends.
- Plain water can be consumed during the fasting period.
- **Cease consumption of any medication and supplements** during the fasting period.
- If you are unwell, please call our clinic to inform our staff. You may or may not be asked to postpone your appointment until you are better.

During your Health Screening

- **Stool Collection** - You may collect a stool bottle from our clinic prior to your appointment. Please ensure that the stool sample is collected no more than 12 hours before your appointment time and screw the cap on tightly before putting the sample into a sealed ziplock bag or plastic bag.
- **Urine Samples** - Samples will be collected in the clinic after blood samples have been drawn by the Doctor. Rest assured that all our clinics are equipped with washrooms.

Post Health Screening

- Your results will be out within 2-3 working days and your report will be ready for collection within the next 5-7 days.
- Our staff will contact you to arrange for a second appointment where your doctor will discuss the results with you.
- Depending on your results, the doctor may discuss with you regarding any further testing, possible lifestyle changes or medication that may be required.
- Please feel free to discuss your questions and concerns with the doctor at this time.



DISTRICT FAMILY CLINICS

Bukit Merah Family Clinic
Normanton Medical Clinic
Petir Family Clinic

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