

# TIPS TO HELP PREPARE BEFORE A GENERAL HEALTH SCREENING TEST





Undergoing a **health screening**, regardless of the method, can be daunting because it can potentially detect an underlying condition or determine a health risk to which your body is exposed. Fear not, we have drawn up a list of tips to help you prepare before a general health screening to put your mind at ease and ensure everything runs like clockwork.





**Always remember the age-old proverb  
“Prevention is better than cure”.**

According to Hopkins Medicine, “a screening test is performed as a preventative measure – to detect a potential health problem or disease in someone that doesn't yet have signs or symptoms. The purpose of screening is early detection; helping to reduce the risk of disease, or to detect a condition early enough to treat it most effectively”.

**Being proactive and scheduling a screening  
is .....**

# Get a good night's sleep



An average adult requires 7-9 hours' sleep each night to perform optimally the following day. This rule of thumb applies before a screening test, as a lack of sleep can hinder our body's ability to regulate stress hormones which, in turn, can increase blood pressure.

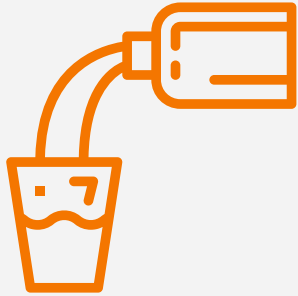
This may lead to a false positive result in your screening test.

# Avoid strenuous exercise

Over-exercising before a health screening can lead to a loss of potassium through sweating, which can lead to muscle pain and less effective cardiac action, once again potentially triggering a false positive result.



# Drink water



This is important when you have to have to give a urine sample or when undergoing a pelvic ultrasound.

# Don't binge on sugary foods

Be careful of how much **sugar** you consume before a health screening. High levels of sugar can have a direct impact on your blood sugar and cholesterol results.



# Schedule fast



If possible, schedule your screening **first thing in the morning** so that you can fast overnight, and then have breakfast afterwards. Fasting is not always required, but can enhance the accuracy of your results.

# Ask questions and stay informed

Sometimes health practitioners forget or simply don't have enough time to explain the results in layman's terms, especially when it comes to biometrics, so all we see on the **results sheet** is gibberish and a list of numbers with no relevance.

Take the time to ask the medical expert what everything means, so you are fully aware of what you need to do to improve your general health.





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