



**CENGILD G. I. MEDICAL CENTRE**  
Centre for Gastrointestinal and Liver Diseases

# WELLNESS FOR HER

LEARN MORE



## Your Health, Our Priority

Taking charge of your health starts now. At Cengild, we understand that early detection is crucial for women's well-being. Our tailored health screenings are more than just tests—they're your first line of defense against potential health issues. By identifying concerns early, we empower you to make informed decisions and take control of your health journey. Make your health a priority today with our Women's Health Screening, and embrace a future of vitality and confidence. Because every woman deserves the best care for a healthier tomorrow.

## Preparing For Your Health Screening



**Book your appointment** via Call or WhatsApp at +603 2242 7018



### Before Your Appointment:

- Menstruation: Schedule your appointment 5 to 10 days after your period ends
- Fasting: Fast for 6 hours prior to your health screening appointment
- Hydration: Drink plenty of water to stay hydrated, unless instructed otherwise
- Caffeine and Alcohol: Avoid excessive caffeine or alcohol before the screening



### Clothing:

- Choose comfortable attire, ideally a 2-piece outfit, to allow for easy access during the tests
- Refrain from wearing jewelry or accessories that could interfere with the procedures
- For those scheduled for an Exercise Stress Test, please bring appropriate jogging attire



### Documents:

- Please bring your original NRIC if you are a local, or your original passport if you are a foreigner



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WELLNESS FOR HER	RM 799	RM 1199	RM 1899
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**CLINICAL ASSESSMENT**

Basal Metabolic Rate (BMR)	•	•	•
Body Composition Analysis	•	•	•
Body Mass Index (BMI)	•	•	•
Colour Vision Test	•	•	•
Physical Examination & History Taking	•	•	•
Vision Test	•	•	•

**BLOOD TESTS**

Blood Grouping (ABO + Rh)	•	•	•
Fasting Glucose	•	•	•
Free Triiodothyronine 3 (FT3)	•	•	•
Full Blood Examination	•	•	•
H. Pylori Antibody	•	•	•
HbA1C (Average 3-Months Blood Sugar)	•	•	•
Hepatitis A Antibody (HAV IgG)	•	•	•
Hepatitis B surface Antibody (HBsAb)	•	•	•
Hepatitis B surface Antigen (HBsAg)	•	•	•
Hepatitis C Antibody (Total)	•	•	•
Lipid Studies	•	•	•
Liver Function Test	•	•	•
Renal Function	•	•	•
Rheumatoid Factor	•	•	•
Serum Free Thyroxine (FT4)	•	•	•
Thyroid Stimulating Hormone (TSH)	•	•	•
Vitamin D	•	•	•

**TUMOUR MARKERS**

Breast Tumour Marker (CA 15.3)	•	•	•
Colon Tumour Marker (CEA)	•	•	•
Liver Tumour Marker (AFP)	•	•	•
Nose and Throat Cancer (EBV)	•	•	•
Ovarian Tumour Marker (CA 125)	•	•	•
Pancreas Tumour Marker (CA 19.9)	•	•	•

**URINE TESTS**

Full Urine Exam and Urine Microscopy	•	•	•
Urine Microalbumin	•	•	•

**IMAGING / SCREENING TESTS**

Chest X-Ray	•	•	•
Coronary Cardiac Calcium Score	•	•	•
Echocardiogram	•	•	•
Lung Function Test	•	•	•
Pap Smear	•	•	•
Ultrasound Abdomen and Pelvis	•	•	•
Ultrasound Breast	•	•	•
Resting ECG	•	•	•
<b>COMPLIMENTARY Fibroscan (worth RM650)</b>	•	•	•

**CONSULTATION/COMPLIMENTARY**

Doctor Consultation	•	•	•
Complimentary Refreshment	•	•	•

**Add On**

- OGDS (+RM1900) Colonoscopy (+RM2500) OGDS and Colonoscopy (+RM3400)
- Low Dose Lung CT Scan (+RM250) Fibroscan (+RM400) Cardiac Stress Test (+RM305)
- Cardiac Stress Test and Echocardiogram (+RM699)