

Your Bupa Female Health checklist

How to get the most out of your health assessment

In choosing a Bupa health assessment you are taking an important step towards safeguarding your future health and wellbeing.

This checklist will ensure that you are fully prepared for your Bupa Female Health assessment - please take a few moments to read it through and don't hesitate to contact us if you have any queries.

We look forward to welcoming you to the centre and will do everything we can to ensure that you are able to relax and enjoy the time that you are devoting specifically to your health.

Before your appointment

Your health assessment questionnaire

Please complete and submit your health assessment questionnaire online. Alternatively, you may complete the enclosed questionnaire and bring it with you on the day of your appointment. This forms the basis for your discussion with the Bupa doctor or Wellwoman sister, and the information you provide will help us to understand and address your individual needs.

Cervical smear test

This is best carried out in the middle of your cycle. If you are likely to be having your period at the time of your assessment, we will not be able to take a cervical smear and will arrange for this to be carried out on a separate occasion. The enclosed factsheet will tell you more about having a smear taken.

Rescheduling or cancelling your appointment

If you change or cancel your booking within the five working day period before your appointment a charge will be made. The charge will be £75 up to 24 hours before the time of your appointment. If you cancel or reschedule within the 24 hours before your appointment, or fail to attend on the day, the full appointment fee will be payable.

If your appointment is being paid for by your employer or has been pre-paid, different terms may apply.

On the day of your visit to us

Diet

Eating and drinking prior to a blood test can affect some of the blood results. You should therefore eat only dry wholemeal toast and drink only water in the six hours before your appointment. You should avoid eating anything during the two hours before your appointment.

We will provide light refreshments for you after the test.

If you are a diabetic on medication you should not fast or alter your diet in any way prior to your appointment.

Medicines

If you are taking any medication please continue to do so.

Mammogram (for women aged 40 or over)

You may have chosen to have a special X-ray called a mammogram. You should not use a spray deodorant or talcum powder on the day of your assessment as these may affect the quality of the mammogram image. You may however use a roll-on deodorant without causing any problems. If you are under 40, the doctor may recommend a mammogram if you have a family history of breast disease, in which case it would be advisable for you to observe the guidelines mentioned above. The enclosed factsheet provides important information about the mammogram.

If you have not already completed and submitted your questionnaire online, please ensure that you bring your completed questionnaire with you to your appointment.

When you arrive at the centre you will be greeted by our receptionist who will check our record of your address and your GP's address.

You will also be asked to provide a sample of urine. Please ensure as far as possible that you are able to 'go' when you arrive.

Children

Please note that we do not treat or have the facilities for children under 18 therefore we request that they do not accompany you to your appointment.

Your health assessment

So that you can be sure of what to expect from your visit, we have listed below the range of tests and investigations that we will be carrying out during your Bupa Female Health assessment. These are in addition to your consultation and examination with the doctor or Wellwoman sister.

Please don't hesitate to call your centre if you have any questions or concerns.

The Bupa Female Health assessment includes the following:

- **Heart and lungs**

Blood pressure and diabetes risk score.

- **Body composition**

Height, weight, waist to height ratio and body mass index.

- **Blood and urine**

Blood Haematology profile, cholesterol profile and urine test.

- **Specific examinations**

Pelvic and breast examination

- **Additional tests**

- Cervical smear (if clinically appropriate)
- Rubella antibodies test (if clinically appropriate)
- Mammography (where purchased and if over 40)
- HPV test (if clinically appropriate)

