

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 appointment letter

Please complete and sign the data protection notice on the reverse side of the letter. You will need to bring this with you to your appointment.

Your health assessment questionnaire

Please complete the questionnaire as fully as possible before 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 should need to change or cancel your appointment, we can do this for a fee of £15, providing you call us at least three clear weekdays before your appointment. A £75 fee will be charged if you give us less notice than three clear weekdays. If you cancel or fail to attend on the day, you will be charged the full price of your health assessment. If your assessment is being paid for by your employer or has been pre-paid, different terms may apply and these will have been discussed with you at the time of booking.

On the day of your visit to us

Diet

There is no need for a prolonged fast before your health assessment, but you are advised to eat a light diet and avoid high sugar food and drink, including fruit juice.

Please note that diabetics on medication should not fast or alter their diet in any way prior to their assessment.

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.

Please ensure that you bring both your completed appointment letter and your completed health questionnaire with you to your assessment.

When you arrive at the centre you will be greeted by our receptionist who will take your appointment letter and health questionnaire. The receptionist will also 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.

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)

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