



INFORMATION FOR SCREENING TESTS

Dear Patient,

The aim of a screening test is to detect diseases in time and to retain health with the timely initiated treatment (lifestyle changes or medications), control the detected disease, or decelerate its progression. The sense of a screening test is to have the internal medical specialist/treating physician explain, treat, and check the detected abnormalities.

We are happy to have you personally or online at the medically recommended consultation on the screening test's findings. (It is free of charge, or it comes with a discount according to the insurance plan or contract).

GENERAL INFORMATION

During registration, our IT system sends an e-mail notice about the booked appointment and the location of the screening test. Please read more professional content on our website or contact your point of contact in case of company order.

If you cannot come to the screening test, please cancel your appointment at least three working days prior to the test, so that we can plan our capacity in advance.

An interrupted screening test cannot be made up for in the same year. Exceptions include that a later test is necessary due to a health issue and all other reasons which arose in the interest of BHC. In the latter case, the test must be performed within 90 days after the screening test.

Please note that between two mammographies a waiting period of at least 11 months, and between two chest X-ray scans, a waiting period of at least 8 months is necessary. If this is not feasible, the replacement test can only be performed in the consequent year.

Based on the professional statement of the National Mammography Screening Committee, ultrasound scan of the breast above the age of 40 years is not suitable on its own or as a primary test either to make a primary diagnosis of breast cancers, or to screen, so breast ultrasound scan is not performed on its own above the age of 40 years, only with a mammography.

Based on medical experience, if you are at least 75 years old and you do not participate in regular health checkups, we suggest that first you should apply for an internal medical examination, because this way we can provide a more thorough and individualized examination for you.

HOW TO PREPARE FOR THE TEST?

The test is performed on an empty stomach. Please consume half a liter of tap water or non-carbonated mineral water (sugar and carbonated drinks should be avoided) at least an hour before your scheduled appointment. This is specifically important because the urinary bladder should be full for an ultrasound scan. You can safely take your regular medications on the morning of the screening test.

WHAT SHOULD YOU BRING WITH YOU?

Please bring the necessary documentation for patient registration: ID card, address card, social security card. If you have previous findings, discharge summaries and X-ray scans, please bring those with you too or send them to orvosilelet@bhc.hu in advance.

We suggest that you should wear slippers or clothes/shoes which can be easily taken off.

Please bring a urine and stool container with you (a stool test is performed in people over 40 years of age) because



we can only take over the samples in these. Both containers could be easily purchased in any pharmacy. Important advice from our urologists for submitting the necessary samples: it is recommended to submit a midstream urine sample, which was not preceded by physical or sexual activity; it is not mandatory to submit a sample taken from the first urination in the morning. Above the age of 40 years, it is recommended to avoid bicycle riding and sexual activity for 48 hours prior to the blood draw for the purpose of a PSA test.

In case samples were missed to submit, you can still provide them for 1 month from Mondays to Thursdays 7.30-20.00, and on Fridays between 7.30-14.00, but please make an appointment for sample submission.

Please bring the optician's certificate of your latest prescribed glasses or if you have a pair of progressive (multifocal) glasses.

The screening test may be performed while wearing contact lenses but if you would like to get a prescription for a pair of glasses, please do not wear contact lenses for at least 24 hours before the test. It is practical if you bring the lens container with you.

ARRIVAL, PARKING

We can start the scheduled screening test at the appointment which was booked in advance. If you arrive earlier or later, please be patient.

If you have diabetes or if you are pregnant, please highlight this fact during registration (data reconciliation), before the starting the tests.

We provide free parking for our patients in most of our sites, but the number of spots is limited. We can only provide a parking spot at our site of Váci street if it was previously booked over the telephone. Free parking is not available in our site of Csalogány street, so we recommend that you use the payable parking spots available in the streets or the parking garages around the neighborhood. If you come by bicycle, a bicycle storage is available at all of our sites except for Csalogány street.

Please find more information in the menu of About us/Our offices on our website about approaching our sites and parking.

THE PROCEDURE OF A SCREENING TEST

The expected duration of a screening test is 3-5 hours, depending on the type of the test, but it could exceed this time duration occasionally. The screening test is performed with thorough care and flexibility from the end of our customer service colleagues, they are happy if you provide feedback or if you contact them.

You might need to wait between each test, so please prepare accordingly. We provide things to read and WI-FI to you.

Once the tests which necessitate an empty stomach are completed, we provide juice and biscuits which are rich in grains. Please let us know at arrival if you are on a gluten-free diet. You can buy liquids (coffee or tea) from the vending machines. Please do not eat anything until our customer service colleagues tell you to do so. You can drive a car or go to work after leaving.

RESULTS

Once the specialist examinations are done, our physicians will inform you about the results but there are diagnostic tests (gynecological cytology, breast diagnostics) the results of which are only available later.

Your laboratory tests results will be sent to you for your information on the day following the test.

If all the findings are available (after 4 weeks the latest), we will create a „Summarizing opinion” or a „Health plan” – in case you underwent premium screening tests – about your current status of health and the following steps.



We provide a 10% discount of the additional tests which were recommended if they are performed within 90 days.

If your findings require immediate action, we will contact you.

For our patients who undergo premium screening tests, we will help them in scheduling further diagnostic tests out of turn, which will be free of charge/discounted given that there is a suspicion of a malignant disease or if it was recommended by the clinician who performed the screening test, and it is necessary for making an accurate diagnosis.

It is recommended to have a free of charge consultation with the internal medical specialist who performed the screening test for the purpose of discussing the results within 90 days after the test.

Please contact the internal medical specialist, who performed the screening test or the chief medical officer if you have any medical questions.

Please check out our website for further information: www.bhc.hu or contact our colleagues by phone at 489-5200 or by e-mail at info@bhc.hu. Thank you very much for your cooperation in advance. We wish you good health!