



## PRE-SCREENING INFORMATION

### GENERAL INFORMATION

- Our IT system will send you an email notification of the time and location of your screening appointment at the time you log in. About professional content please find information on our website, or - in case of a company order - ask the company's customer manager.
- If you are unable to make it to your scheduled screening examination, please cancel your appointment no later than three working days before the scheduled date.
- We cannot repeat interrupted screening examinations in the current year. An exception to this rule is if a later test is medically justified, as well as any reason arising within the BHC's interests. In the latter case, you have 90 days from the original screening date to avail of the examination.
- Please note that, according to the relevant professional recommendations, a waiting period of at least 9 months is needed between two mammography tests and at least 11 months between two chest X-ray scans. If this period cannot be observed, the make-up examination is only possible in the following year.
- According to the resolution of the National Mammography Screening Committee, ultrasound examination of the breast at over 40 years of age alone or as a first test is not suitable for primary diagnosis of breast cancers or screening, so we do not perform breast ultrasound scans alone but only with mammography for patients over 40.
- Medical experience suggests that if you are 75 years of age or older, or do not undergo regular health checks, you should schedule an internal medical check first, so that we can consult with you for a more careful and personalized examination.

### HOW SHOULD YOU PREPARE FOR THE EXAMINATION?

- Examinations are carried out on an empty stomach. Please drink half a litre of tap water or non-carbonated mineral water at least one hour before your appointment (high-sugar and carbonated drinks should be avoided); this is especially important because ultrasound scans require a full bladder. On the morning of the examination, feel free to take your usual medications.

### WHAT SHOULD YOU BRING WITH YOU?

- If you have previous medical records, final reports, and X-rays, please bring them too, or you can send them beforehand to the [orvosilelet@bhc.hu](mailto:orvosilelet@bhc.hu) email address and we will attach it to your case history.
- We recommend that you bring/wear slippers or easy-to-remove clothes/shoes for the examination.
- Please bring urine and stool containers (stool examination is carried out over the age of 40) as we only accept samples in such containers. Both containers are conveniently available for purchase at any pharmacy. Important advice from our urologists on submitting samples for urine tests: the sample should be taken during the mid-section of urinating, not necessarily during the first urination of the day, and it is not recommended right after physical or sexual activity. If you are over 40, the PSA test needs you to avoid cycling and sexual activity 48 hours prior to the blood test.

Any missing sample(s) can be submitted within 1 month, from Monday to Thursday from 7.30 am to 8 pm, and on Friday from 7.30 am to 2 pm, but please make an appointment before you bring your samples.



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- You should also bring your last prescribed glasses or, in the case of progressive (multifocal) glasses, a certificate issued by the optician.
- The screening examination can also be carried out when you wear your contact lenses, but if you want to have a prescription for glasses then do not wear your contacts for at least 24 hours before the examination. We recommend that you have the contact lens case with you.

### ARRIVAL, PARKING

- The screening examination can only start at the scheduled time. If you arrive earlier or later, please be patient.
- If you have diabetes or are pregnant, please share this information with us before the examination, during registration (records checking).
- Parking is available to our patients free of charge but in our site on Váci út we require prior booking via telephone.
- Bicycle storage is also available at our facility.

### THE SCREENING EXAMINATION

- Depending on the specific type, a screening examination normally takes 3–5 hours, but in rare cases it may be longer. Our customer service staff exercise due care and flexibility during the screening examination, and they welcome any comment or request you may have.
- You may need to wait in between the tests, so please be prepared for this eventuality. We provide reading materials and Wi-Fi access.
- When the examinations that require an empty stomach are complete, we provide you with juice and grain-rich biscuits. Upon arrival, please let us know if you are on a gluten-free diet. You can buy liquids (coffee, tea) from our vending machines! Please do not consume any food until our customer service staff tell you that you are free to eat. You can drive and work after the examinations.

### RESULTS

- After each specialist examination, our doctors will inform you of the results of the tests, but there are some diagnostic tests (gynaecological cytology, breast diagnostics) where the results become available to us only later.
- Your lab results will be sent to you for information only on the day after the test.
- When all the results are available (no later than four weeks after the screening), a “Summary opinion” or, if you have a premium screening examination, a “Health Plan” is prepared to cover your current health status and what to do next.
- We offer a 10% discount on the fees for our recommended additional examinations if carried out within 90 days!
- If your results require immediate action, we will, of course, contact you in person.
- For patients participating in our premium screening programme and suspected of having cancer, we, based on the recommendation of the clinician carrying out the screening examination, will provide any additional diagnostic tests available in our institution in order to establish an accurate diagnosis



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free of charge. If you have any medical questions, please contact the internist performing the screening or contact the medical director with the help of our receptionist staff.

For more information, please visit our website at [www.bhc.hu](http://www.bhc.hu) or contact us at **+36 1 489-5200** or at [info@bhc.hu](mailto:info@bhc.hu). Thank you in advance for your cooperation! **We wish you good health!**

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