

莱佛士医院  
*RafflesHospital*

# 白领轻奢 体检套餐

Age 18~35 Female/Male  
Raffles Essential Health  
Screening Package



推荐人群:

18-35岁

男性 Male

# 白领轻奢体检套餐A (男)

Age 18-35 Male Raffles Essential Health Screening Package

¥ 2280

## 👨 医生问诊及检查 Doctor's consultation + physical examination

体检问诊	Doctor's consultation
一般体格检查	General physical examination
口腔检查	Oral examination
眼科检查	Eye Examination
耳鼻喉检查	Ear, nose and throat examination

## 🔬 实验室常规检查 Laboratory routine tests

血常规	Complete blood cell count (CBC)
尿常规	Urinalysis
便潜血	Stool occult blood
肾功两项:肌酐,尿素	Kidney function: creatinine, urea
痛风风险筛查	Gout risk screening
糖尿病筛查-葡萄糖	Diabetes screening - Glucose

## 🍷 维生素检测 Vitamin Screening

25-羟维生素D3	Vitamin D3
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## 👁 血脂四项 Lipids (4 items)

总胆固醇	Total cholesterol (TC)
甘油三酯	Triglycerides (TG)
胆固醇高密	High density lipoprotein (HDL-C)
胆固醇低密	Low density density (LDC-C)

## 🧪 肿瘤标志物 Tumor markers

甲胎蛋白 (AFP)	Alpha-fetoprotein (AFP)
癌胚抗原 (CEA)	Carcinoembryonic antigen (CEA)
糖基抗原 (CA19-9)	Caner antigen199 (CA19-9)

## 🩺 肝功能12项 Liver function set (12 items)

总胆红素	TBIL
直接胆红素	DBIL
间接胆红素	IBIL
谷草转氨酶	AST
谷丙转氨酶	ALT
乳酸脱氢酶测定	LDH
谷氨酰转肽酶	GGT
碱性磷酸酶	ALP
总蛋白	TP
白蛋白	Alb
球蛋白	Glo
白蛋白/球蛋白	Alb/Glo

## 👤 甲状腺功能 Thyroid functions

促甲状腺激素 (TSH)	Thyroid stimulating hormone (TSH)
游离甲状腺激素 (FT4)	Free thyroxine (FT4)
游离三碘甲状腺原氨酸 (FT3)	Free triiodothyronine (FT3)

## 📷 影像学检查 Radiology

腹部彩超	Ultrasound, abdominal
胸部正位	Chest X-ray (PA riew)
心电图	Electrocardiogram (ECG)

## 📋 检查结束追踪 Post screening

营养早餐	Breakfast
个检报告	Individualized healthy check report
高年资医生一对一解读报告	Follow-up interpretation review by senior doctors

(中籍医生: 电话或面对面解读; 外籍医生: 电话或邮件解读)  
(Chinese doctor: telephone or face-to-face interpretation; Foreign doctor: phone or email interpretation)

## 体检注意事项 Notes for Health Screening

- 您需要在预约前禁食至少8小时。请于预约前一晚23:00后避免进食。  
Fasting for at least 8 hours is required before your health screening appointment. Please refrain from consuming food after 23:00 the night before your appointment.
- 体检前1至3天饮食要清淡, 避免食用高糖、高脂肪、高蛋白的食物; 请勿饮酒或暴饮暴食。  
Please maintain a light diet 1 to 3 days before your health screening appointment and avoid eating foods high in sugar, fat and protein. Do not drink alcohol or overeat.
- 体检前1至3天避免剧烈运动。  
Please avoid strenuous exercise 1 to 3 days before your health screening appointment.

## 体检前 Before Your Health Screening

- 女性体检请避开生理期, 尽量选择生理期结束3至5天及以后。  
For ladies, please avoid your menstrual period. It is best to choose 3 to 5 days after the end of menstrual period to have your health screening.
- C13呼气试验: 检查前4周停用抗生素, 检查前2周停用质子泵抑制剂和铋剂。C13检查当日: 禁食禁水2小时, 两次吹气间隔30分钟, 间隔期间禁食禁水勿吸烟。  
C13 Breath Test: Discontinue antibiotics 4 weeks before the test and discontinue proton pump inhibitors (PPI) and bismuth 2 weeks before the test. On the day of the C13 test: Do not eat or drink 2 hours before the test, two blow-outs with an interval of 30 minutes, no smoking, drinking or eating during this interval.

注: 常见的质子泵抑制剂包括奥美拉唑, 兰索拉唑, 雷贝拉唑钠, 泮托拉唑钠, 埃索美拉唑镁, 右兰索拉唑。

Note: Common proton pump inhibitors include omeprazole, lansoprazole, rabeprazole sodium, pantoprazole sodium, esomeprazole magnesium, and dexlansoprazole.

# 白领轻奢体检套餐A (女)

Age 18~35 Female Raffles Essential Health Screening Package

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女性 Female



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白蛋白	Alb
球蛋白	Glo
白蛋白/球蛋白	Alb/Glo

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## 👨 妇科检查 Gynaecology examination

妇科彩超	Ultrasound, gynecologic
乳腺彩超	Ultrasound, breast
妇科液基薄层细胞学检查 (TCT)	Thinprep cytologic test

## 👨 检查结束追踪 Post screening

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## 体检当天 On the Day of Your Health Screening

- 备孕前三月、孕期及哺乳期女性不建议进行放射检查, 如X线胸片、乳腺钼靶等。  
Radiological examination, such as chest X-ray and mammogram, are not recommended for women who are planning for pregnancy in three months, during pregnancy and breastfeeding.
- 请在采血后再服用您的晨间药物 (如有), 特殊药物请与您的处方医生提前确认。  
Please take your morning medication (if any) after blood collection, and check with your prescribing doctor in advance for any special medications.
- 妇科经腹超声, 膀胱前列腺超声, 检查前需饮水5至6杯 (每杯约200-300ml) 并避免排尿, 在膀胱充盈情况下进行超声。  
Before undergoing a transabdominal ultrasound or bladder and prostate ultrasound, you will need to drink 5 to 6 cups of water (about 200-300ml per cup) and hold your urine to perform the ultrasound with a full bladder.

- 妇科检查取标本时或有轻微出血情况, 可携带卫生巾或卫生护垫备用。  
There may be light bleeding during the gynaecological examination when the specimen is taken, it is advisable to bring sanitary towels or pads with you.
- 放射检查时, 女士请勿穿带钢圈的文胸; 请勿佩戴金属首饰 (如耳环、项链)。  
During the radiological examination, ladies please do not wear underwire bras. Do not wear metal jewellery (such as earrings and necklaces).
- 做CT或核磁共振检查时, 请穿着舒适宽松的衣服, 避免穿着连衣裙或背带裤; 请勿穿含银离子的衣物 (如特定材质的运动紧身裤)。  
During CT or MRI examination, please wear comfortable and loose clothing and avoid wearing dresses or suspenders. Do not wear clothing containing silver ions (such as sports leggings of certain materials).

# 为什么选择莱佛士?

WHY CHOOSE RAFFLES?



**EVIDENCE-BASED** HEALTH CARE  
SAY **NO** TO OVERTREATMENT

### 项目合理

科学设置项目，合理有序安排  
坚持循证医学，拒绝过度诊疗

### 沟通深入

高年资医生以同理心与您深度沟通  
我们认为沟通与诊疗同等重要



**ONE-STOP** HEALTH MANAGEMENT  
TO OUR **PATIENTS** OUR **BEST**

### 服务细致

一站式健康管理  
国际化服务流程

### 客户至上

我们将您的健康与安全放在首位  
注重客户隐私保护



**CUSTOMIZED** SERVICE FOR YOU  
WE CARE ABOUT **YOUR PRIVACY**

### 量身定制

一对一专业报告解读  
个性化健康指导追踪

### 隐私安全

预约制服务，独立空间  
每次都是健康专享时光

## 北京莱佛士医院 Raffles Hospital Beijing



24小时预约电话: 010 8793 7700  
24-hour Appointments: 010 8793 7700

24小时急诊专线: 010 8793 7999  
24-hour Emergency Line: 010 8793 7999

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