



# Health Examination



**Sophiahemmet is a smoke free zone.**

Smoking is not permitted anywhere on the premises.

## Parking

A limited number of parking spaces are available on the Sophiahemmet campus. Otherwise we suggest Valhallavägens allé. Parking fees are the same.



T: +46 8 406 24 50, Visit: Valhallavägen 91 C, 3rd floor

E-post: [forsakringsmottagningen@sophiahemmet.se](mailto:forsakringsmottagningen@sophiahemmet.se) [www.sophiahemmet.se](http://www.sophiahemmet.se)



## 1. Tests taken at Synlab Medilab, 4 working days before your health exam

You have scheduled an appointment with a doctor and nurse for your health examination. **Before we can perform your health exam, you must have medical tests taken at Synlab Medilab at least 4 working days before your scheduled exam.** At Sophiahemmet you will find Synlab Medilab in Building C (1st floor); open all working days 7.45-16.00. Drop-in at your convenience – no appointment necessary.

Referral form for blood test and urine, will be sent to the laboratory electronically. You must fast before the bloodtest. Do not eat anything 10 hours before the test. You may drink water, tea, or coffee without sugar and milk.

Tests include the following:

- ❖ Blood tests including complete blood count, sedimentation rate, iron values, blood lipids, blood glucose, liver function, fluid balance/ kidney function, and thyroid function.
- ❖ Urine sample
- ❖ Males over 40 years of age are offered a PSA test
- ❖ If you are over 50 years of age we offer a test to detect blood in a stool sample. When you have your medical tests taken at Synlab Medilab you will be given a test tube with instructions for the stool sample. Bring the completed test with you and leave it at Synlab Medilab the day of your health exam.

You can take your regular medication except iron tablets and thyroid medicine.

## 2. Scheduled health examination

Your health exam includes a visit to the nurse followed by a visit with the doctor who will assess your tests. The exam takes approximately 1 hour and 15 minutes. Sign in at reception, building C, 3rd floor.

### a) Nurse visit

Your health exam begins with a visit to the nurse for:

- ❖ EKG and blood pressure
- ❖ Height, weight, and waist circumference
- ❖ Vision test – Bring your eyeglasses or contact lenses if you normally use them
- ❖ Hearing test
- ❖ Lung function test

### b) Doctor visit

After you are finished with the tests you will meet your doctor to discuss the results of the tests. You will also be given a written summary of your test results.

## Cancellations must be received in time

Cancellations must be received at least 24 hours before your scheduled appointment by calling 08-406 24 50. We charge for missed appointments.

## Our location

See the next page for a map and additional information.