

## Important Issues 注意事項



### How long does it take?

- + It will take one half day or two separate half days, depending on the package.
- + You may collect your report in person, or the hospital will mail it to you on request.

### Reminders

- + Ladies should avoid taking a physical examination during their menstrual period.
- + You are suggested to wear comfortable outfits on the assessment day.
- + If you are scheduled for a treadmill test, remember to bring your sneakers and a towel.
- + If you have had any medical treatment recently, please bring the report for our doctor's reference.
- + You should fast for at least 8 hours prior to your scheduled physical examination, only water is permitted.
- + If you are on medication, please bring your medicine for the doctor's reference.

### 檢查需時多久？

- + 只需一或兩個半天便可完成，視乎檢查項目而定
- + 可選擇以郵遞方式收取身體檢查報告，或親身到本院領取。

### 在檢查前我應該注意的地方

- + 女性請避免於生理期間進行身體檢查
- + 檢查當日宜穿著輕便服裝
- + 如須進行運動心電圖，請自備毛巾及運動鞋
- + 如最近曾作任何醫學檢查，請將報告交給本院醫生作參考之用
- + 驗血檢查需空腹至少8小時，建議於檢查前一天晚上十二時後開始禁食，只可飲用清水
- + 請帶同一切經常服用之藥物供醫生參考

## Appointment & Enquiries 預約及查詢



For more information, please feel free to contact us directly by telephone, or visit our website.

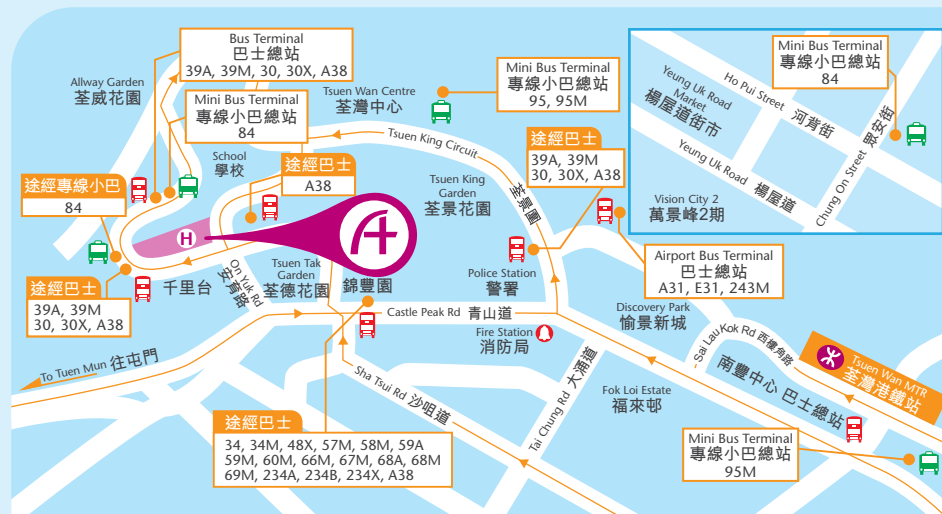
如欲進一步了解上述內容，歡迎致電與本院職員聯絡，或瀏覽本院網站。

Telephone 電話：(852) 2275 6888

Website 網址：www.twah.org.hk



## Location 醫院位置



### Bus 巴士

39A	Tsuen Wan West Station	荃灣西站
39M	Tsuen Wan MTR	荃灣港鐵站
30X	Whampoa Gardens	黃埔花園
30	Cheung Sha Wan	長沙灣
A38	Hong Kong International Airport	香港國際機場

### To the Hospital Via Castle Peak Road

#### 所有行經青山公路荃灣段之巴士：

- + Alight at Tsuen King Circuit Flyover
- + Take the bus in front of Tsuen King Circuit Police Station
- + 於荃景圍天橋站下車，
- + 然後步行至荃景圍警署轉乘巴士到醫院。

### Minibus 專線小巴

95M	Tsuen Wan MTR	荃灣港鐵站
95	Nina Tower	如心廣場
84	Tsuen Wan Chung On Street	荃灣眾安街

### Parking 停車場

Parking is available for a fee for patients and visitors

本院設有收費停車場予病人及其家屬使用

## Adventist Health 香港 Adventist Hospital - Tsuen Wan 香港港安醫院·荃灣

Address 地址：199 Tsuen King Circuit, Tsuen Wan, N.T.  
新界荃灣荃景圍199號  
Telephone 電話：(852) 2275 6688  
Fax 傳真：(852) 2275 6767  
Website 網站：www.twah.org.hk

Valid date 有效期至：2025/12/31

The Hospital reserves the right to change or amend details without prior notification.

For the latest information, please visit our website at www.twah.org.hk

如有任何資料調整或變更，本院毋須另行通知。

如欲查閱最新資料，請瀏覽本院網站www.twah.org.hk。



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香港港安醫院·荃灣



## Physical Examination 身體檢查



N-2409

Extending the Healing Ministry of Christ  
延續基督的醫治大能



## Guard Your Health with Comprehensive Physical Examinations

### 一站式身體檢查 守護健康防線

As our lifestyles continue to evolve, the prevalence of chronic diseases such as heart disease, diabetes, high blood pressure, and cancer among younger patients has gradually increased. Receiving regular physical examinations ensures that we are consistently aware of our health condition and risks, so that we may adjust our lifestyle accordingly to prevent disease. Even in the event of a diagnosis of illness, early and appropriate treatment will significantly improve the chances of recovery.

Hong Kong Adventist Hospital – Tsuen Wan is a leading medical center offering one-stop, specialist services in New Territories West. Our interdisciplinary medical team provides first-rate examination, diagnosis, treatment, and rehabilitation services supported by state-of-the-art equipment such as advanced PET/CT, mammography, ultrasound, cardiac catheterization, and MRI systems. As your healthcare partner, Hong Kong Adventist Hospital – Tsuen Wan is committed to walking alongside you in your journey of health by providing you with the best, most comprehensive physical examination programs.

隨著生活模式的轉變，近年慢性疾病的患者，如心臟病、糖尿病、高血壓，以及癌症病人均有年輕化趨勢。及早接受全面的身體檢查和診斷，求診者可以評估自己的健康狀況和潛在危機，改善生活習慣達至「治未病」。一旦病人確診，亦可以儘早得到適切的治療，促進早日康復。

香港安醫院－荃灣作為新界西區的一站式專科醫療中心，跨專業團隊配合先進的醫療設備，為求診者提供優質的檢測、診斷、治療及復康等全方位服務。本院特設尖端的正電子電腦掃描（PET/CT）、乳房X光造影、超聲波檢查、心導管檢查，以及磁力共振等儀器，為你提供貼心及準確的身體檢查計劃，成為你可靠的健康伙伴。

## Promotes Health and Prevents Illness

### 健康推廣及預防疾病



A well-designed examination with comprehensive diagnostic tests can establish a valuable baseline of your health status. This program:

- + Provides opportunity to assess your health status and risk factors.
- + Increases self-awareness and promotes a healthy lifestyle.
- + Identifies and treats illness at an early stage.
- + Initiates counseling, behavior modification and other appropriate interventions which may reduce the risk of heart disease, cancer or other serious diseases.

通過一系列周全的檢查和診斷，可以為健康畫下一道有用的基線：

- + 以評估自己的健康狀況和潛在危機
- + 激勵自己從健康角度審視生活方式
- + 儘早發現病徵並接受治療
- + 通過接受個別輔導、修正行為，及吸收相關醫學知識，有助減低患上心臟病、癌症或其他重病的機會

## Continuity of Care

### 無盡關懷



This program will also provide you with the opportunity to:

- + Discuss health related issues with a physician.
- + Have follow through treatment, if indicated, with the same physician.
- + Obtain a referral to any Specialist when required.

主診醫生樂意為任何有需要的人士提供私人醫生服務。這項檢查讓參加者可以：

- + 與醫生一起討論維持健康的要訣
- + 與醫生建立良好的互動關係，無論您或他都可進一步了解清楚您的健康狀況
- + 如有需要，可轉介予專科醫生

## Who should have a physical examination regularly?

### 誰應定期接受身體檢查？



- + If you are thirty years of age or over
- + If you have any doubt about your present physical condition
- + If you are experiencing health problems
- + If you have close family members who have died prematurely
- + If you are planning to get married

- + 凡三十歲以上人士，宜每年接受一次身體檢查
- + 在生理或心理上，對自己健康有懷疑或感到不安的人士
- + 發現病徵或已知患病人士
- + 家族中有較早過身的人士
- + 預備結婚的準夫婦



## Comprehensive Physical Examination (The following plans only apply to Out-patients)

### 全面性身體檢查 (以下計劃只適用於門診病人)

Examination Items 檢查項目	Essential 標準套餐	Smart 明智套餐	Elite 尊尚套餐
Health Assessment by G.P. and Report 全科醫生健康評估及報告 (二次)	✓	✓	✓
Nutritional Assessment 營養評估	✓	✓	✓
Body Composition Analysis / Healthy Lifestyle Advice 體組成分析 / 健康生活指導		✓	✓
<b>Diagnostic Imaging 診斷影像</b>			
X-Ray X光檢查			
+ Chest 肺部	✓	✓	✓
+ KUB 腹部		✓	✓
Ultrasound 超聲波			
+ Upper Abdomen (Liver, Gall bladder, Pancreas, Spleen, Kidney) 上腹部 (肝臟、膽囊、胰臟、脾臟、腎臟)		✓	✓
+ Lower Abdomen (Male: Bladder, Prostate; Female: Bladder, Uterus, Ovaries) 下腹部 (男: 膀胱、前列腺; 女: 膀胱、子宮、卵巢)			✓
Prostate (Male) 前列腺超聲波掃描 (男)		✓ # (A)	✓*
Breast (Female) 乳房超聲波掃描 (女)**			✓
Bone Densitometry (Lumbar spine & Hip) 骨質密度掃描 (腰椎及髖關節)		✓ # (B)	✓
<b>Exercise Stress Test 心臟耐力測試</b>			
Electrocardiogram 心電圖	✓	✓	✓
Treadmill 運動心電圖			✓*
<b>Laboratory Investigation 化驗室檢驗</b>			
Complete Blood Count 全血球計算	✓	✓	✓
ESR 血沉積		✓	✓
Diabetic Screening (Fasting Blood Sugar) 糖尿檢查 (禁食血糖)	✓	✓	✓
Glycohaemoglobin (Hb A1c) 糖化血色素		✓	✓
Hepatitis B Screening (Antigen and Antibody) 乙型肝炎檢查 (抗原及抗體)		✓ # (C)	✓
AIDS Screening 愛滋病毒抗體測試			✓
VDRL 梅毒測試			✓
Liver Function (Total Protein, GGT, Total Bilirubin, Direct Bilirubin, Albumin, Globulin, A/G ratio, SGOT, SGPT, Alkaline Phosphatase) 肝功能檢查 (總蛋白質、谷酸轉氨酶、總膽紅素、直接膽紅素、血清總蛋白、白蛋白、球蛋白、蛋白比例、谷草轉氨酶、谷丙轉氨酶、鹼性磷酸酶)	✓	✓	✓
Renal Function Profile (eGFR <sup>+</sup> , Bicarbonate, Urea, Creatinine, Uric Acid, Sodium, Potassium, Chloride, Calcium, Phosphorus) 腎功能檢查 (估計小球濾過率 <sup>+</sup> 、碳酸氫鈉、尿素、肌酸酐、尿酸、鈉、鉀、氯、鈣、磷)	✓	✓	✓
Gout Screening (Uric Acid) 痛風檢查 (尿酸)	✓	✓	✓
Thyroid-Stimulating Hormone (TSH) 促甲狀腺激素	✓	✓	✓
Lipid Profile (Triglyceride, Cholesterol, HDL, LDL) 血脂測試 (三酸甘油酯、總膽固醇、高、低密度膽固醇)	✓	✓	✓
Nutrient Profile (Ferritin, iron, B12, Folate, Vit. D) 營養素檢查組合 (鐵蛋白, 鐵, 維他命B12, 葉酸, 維他命D)			✓
Cancer markers (AFP, CEA, EBV, PSA (Male), CA125 (Female)) 腫瘤測試 (肝癌 - 甲型胎兒蛋白、結腸癌 - 癌性胚胎抗原、鼻咽癌病毒抗體、前列腺抗原測試 (男)、卵巢癌 (女))		✓	✓
Urine Routine 尿液檢查	✓	✓	✓
Stool Routine & Occult Blood 糞便及潛血檢查	✓	✓	✓
Stool (for H. pylori) 幽門螺旋桿菌抗原 (糞便)			✓
Papsmear (Female) 柏氏子宮頸塗片 (女)		✓	✓
Price 費用 Male 男性	\$3,250	\$6,450	\$10,480
Female 女性			\$11,360
Special offer for those aged 50 and over (offer only available on Mon - Fri) 50歲或以上優惠價 (只適用於星期一至五)	\$2,113	—	—

### Important Information 注意事項

- + #All who join our Smart physical examination program can now enjoy one of the following tests:
  - Ultrasound Prostate (Male) / Ultrasound Breasts (Female)
  - Bone Densitometry (Lumbar spine & Hip)
  - Hepatitis B Screening (Antigen and Antibody), AIDS Screening & VDRL
- + \*The Ultrasound Prostate (Male) is already included in Ultrasound Lower Abdomen.
- + \*Health Assessment patients, for whom a Treadmill test is considered by their doctor to be an unacceptable risk, can take advantage of a Coronary CT Scan at the special price of \$4,500. After assessment by a physician, participants considered fit for a treadmill test will be scheduled for one on the same day or on the day of their follow-up consultation.
- + ^eGFR is for adults only.
- + All participants of the Health Assessment Program will enjoy a free dental check up service. For details, please call Dental Department (852) 2275 6881.
- + You can ask our doctors for other optional tests.
- + Hong Kong Adventist Hospital – Tsuen Wan reserves the right to make alterations to the price list without prior notification.
- + \*\*If participants are diagnosed by a doctor as more suitable for receiving a 2D breast mammogram, they can change the breast ultrasound examination in the selected package to a 2D breast mammogram for free.
- + #凡參加明智套餐身體檢查計劃，可選擇以下其中一項檢查。
  - 前列腺超聲波掃描 (男) / 乳房超聲波掃描 (女)
  - 骨質密度掃描 (腰椎及髖關節)
  - 乙型肝炎檢查 (抗原及抗體)，愛滋病毒抗體測試及梅毒測試
- + \*凡參加尊尚套餐身體檢查計劃，下腹部超聲波已包含前列腺超聲波掃描 (男)。
- + \*\*參加者如經醫生診斷為不適合接受運動心電圖檢查，可以優惠價 \$4,500 接受冠狀動脈血管造影電腦掃描。
- + 參加者如經醫生診斷為合適接受運動心電圖，會安排於即日或覆診當日進行。
- + ^估計小球濾過率只適用於成人。
- + 凡參加身體檢查計劃人士，可享免費牙科檢查乙次，查詢請致電牙科部 (852) 2275 6881。
- + 本院另備有其他選擇性檢查項目，詳情請向本院醫生查詢。
- + 香港港安醫院—荃灣保留更改及刪除上述資料權利，而無須另行通知。
- + \*\*參加者如經醫生診斷後更適合接受2D乳房X光造影檢查，可免費將所選套餐中的乳房超聲波掃描改成2D乳房X光造影檢查。

## Men Physical Examination (The following plans only apply to Out-patients)

### 男士健康檢查 (以下計劃只適用於門診病人)

⚕	Examination Items 檢查項目	Men's Health (Plan 1) 男士(計劃 1)	Men's Health (Plan 2) 男士(計劃 2)
	Health Assessment by Urologist and Report 泌尿科專科醫生健康評估及報告 (一次)	✓	✓
	<b>Diagnostic Imaging 診斷影像</b>		
	Transrectal Ultrasound of the Prostate 前列腺超聲波掃描 (經直腸)		✓
	<b>Laboratory Investigation 化驗室檢驗</b>		
	Urine Routine 尿液檢查	✓	✓
	Culture & Sensitivity for urine 尿液細菌培養及藥物測試		✓
	Uroflowmetry - Measuring of Residual Urine by Ultrasound 排尿功能檢查 - 尿流速率 (電子) 測定及剩餘小便量 (超聲波) 測定	✓	✓
	Kidney Function (Creatinine) 腎功能檢查 (肌酸酐)	✓	
	Total PSA 前列腺癌抗原	✓	✓
	Free PSA 游離前列腺癌抗原		✓
	Renal Function Profile (eGFR <sup>^</sup> , Bicarbonate, Urea, Creatinine, Uric Acid, Sodium, Potassium, Chloride, Calcium, Phosphorus) 腎功能檢查 (估計小球濾過率 <sup>^</sup> 、碳酸氫鈉、尿素、肌酸酐、尿酸、鈉、鉀、氯、鈣、磷)		✓
	Hormone Level (Serum Testosterone, L H, F S H) 賀爾蒙測試 (睪脂酮、黃體生成激素、卵泡刺激素)		✓
	Price 費用	\$2,100	\$5,900

### Important Information 注意事項

- + <sup>^</sup>eGFR is for adults only.
- + Hong Kong Adventist Hospital – Tsuen Wan reserves the right to make alterations to the price list without prior notification.
- + <sup>^</sup>估計小球濾過率只適用於成人。
- + 香港安醫院—荃灣保留更改及刪除上述資料權利，而無須另行通知。

## Hepatitis B Liver Screening

### 乙型肝炎檢查計劃

⚕	Examination Items 檢查項目	Plan 1 計劃1	Plan 2 計劃2
	Health Assessment by G.P. and Report 全科醫生健康評估及報告 (二次)	✓	✓
	<b>Laboratory Tests &amp; Medical Imaging 化驗及醫療造影</b>		
	Alpha Fetal Protein 甲種胚胎蛋白	✓	✓
	Liver Function Test (ALT) 肝功能測試	✓	✓
	HBeAg (Antigen) 乙型肝炎e抗原	✓	✓
	HBV-DNA (Quantity) 乙型肝炎病毒數量	✓	✓
	Liver Ultrasonography 肝臟超聲波掃描	✓	✓
	Fibroscan 肝纖維化掃描		✓
	Package Price 套餐價錢	\$3,200	\$4,200

### Important Information 注意事項

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## Pre-marital Health Check Programme (The following plans only apply to Out-patients)

### 婚前健康檢查 (以下計劃只適用於門診病人)

4	Examination Items 檢查項目	Female 女性	Male 男性
	Health Assessment by G.P. and Report 全科醫生健康評估及報告 (一次)	✓	✓
	<b>Laboratory Investigation 化驗室檢驗</b>		
	Complete Blood Count 全血球計算	✓	✓
	Blood Group Test 血型測試	✓	✓
	Hepatitis B Surface Antigen 乙型肝炎表面抗原	✓	✓
	Rubella Antibody -IgG 德國麻疹抗體	✓	
	Semen Analysis 精液分析		✓
	VDRL 梅毒測試	✓	✓
	Price 費用	<del>\$1,628</del>	<del>\$1,628</del>
	Discounted Price 優惠價	\$1,520	\$1,520

### Important Information 注意事項

- \* All who join our Pre-marital Health Check Programme can now enjoy **30% discount off** on the following tests.
  - + AIDS Screening
  - + Haemoglobin Pattern (Electrophoresis)
- \* Hong Kong Adventist Hospital – Tsuen Wan reserves the right to make alterations to the price list without prior notification.
- \* 凡參加婚前檢查計劃，並同時同日預約進行下列檢皆可獲**七折**優惠。
  - + 愛滋病毒抗體測試
  - + 地中海貧血測試
- \* 香港港安醫院—荃灣保留更改及刪除上述資料權利，而無須另行通知。



## Other Physical Examinations (The following plans only apply to Out-patients)

### 其他身體檢查 (以下計劃只適用於門診病人)

4	Examination Items 檢查項目	Student / Pre-employment 學生 / 聘用前	Domestic Helper 外傭	China Visa (Basic) 中國簽證申請
	Health Assessment by G.P. 全科醫生健康評估 (一次)	✓	✓	✓
	<b>Diagnostic Imaging 診斷影像</b>			
	Chest X-Ray X光檢查 (肺部)	✓	✓	✓
	Electrocardiogram 心電圖			✓
	<b>Laboratory Investigation 化驗室檢驗</b>			
	Complete Blood Count 全血球計算	✓	✓	✓
	Hepatitis B Screening (Antigen and Antibody) 乙型肝炎檢查 (抗原及抗體)		✓	✓
	VDRL 梅毒測試		✓	✓
	AIDS Screening 愛滋病毒抗體測試		✓	✓
	Stool Routine 糞便檢查	✓	✓	
	Urine Routine 尿液檢查	✓	✓	
	Blood Typing (ABO) 血型 (ABO)			✓
	Liver Function (SGPT) 肝功能測試 (谷丙轉氨酶)			✓
	Price 費用	\$1,000	\$1,900	\$2,600

### Important Information 注意事項

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- + 香港港安醫院—荃灣保留更改及刪除上述資料權利，而無須另行通知。

Vegetarian Physical Examinations (The following plans only apply to Out-patients)

素食者身體檢查 (以下計劃只適用於門診病人)

⌚ Examination Items 檢查項目
Health Assessment by G.P. and Report 全科醫生健康評估及報告 (二次)
Tips from Dietitian 營養師飲食貼士 + Ways to Increase B12 & Iron in Vegetarian 如何減低素食者患上貧血之風險
Body Composition Analysis / Healthy Lifestyle Advice 體組成分析 / 健康生活指導
Laboratory Investigation 化驗室檢驗
Complete Blood Count 全血球計算
Renal Function Profile (eGFR^, Bicarbonate, Urea, Creatinine, Uric Acid,Sodium, Potassium, Chloride, Calcium, Phosphorus) 腎功能檢查 (估計小球濾過率^、碳酸氫鈉、尿素、肌酸酐、尿酸、鈉、鉀、氯、鈣、磷)
Diabetic Screening (Fasting Blood Sugar) 糖尿檢查 (禁食血糖)
Lipid Profile (Triglyceride, Cholesterol, HDL, LDL) 血脂測試 (三酸甘油脂、總膽固醇、高、低密度膽固醇)
Liver Function (Total Protein, GGT, Total Bilirubin, Direct Bilirubin, Albumin, Globulin, A/G ratio, SGOT, SGPT, Alkaline Phosphatase) 肝功能檢查 (總蛋白質、谷酸轉胺酶、總膽紅素、直接膽紅素、血清總蛋白、白蛋白、球蛋白、蛋白比例、谷草轉安酶、谷丙轉安酶、鹼性磷酸酶)
Vitamin B12, Vitamin D 維他命B12、維他命D
Ferritin, Zinc, Iron, Folate 鐵蛋白、鋅、鐵、葉酸
Urine Routine 尿液檢查
Stool Routine 糞便檢查
Price 費用

Important Information 注意事項

- + ^eGFR is for adults only.
- + For bookings and enquiries, please call Wellness Center at (852) 2275 6363.
- + Hong Kong Adventist Hospital – Tsuen Wan reserves the right to make alterations to the price list without prior notification.
- + ^估計小球濾過率只適用於成人。
- + 預約及查詢，請致電本院身體檢查中心(852) 2275 6363。
- + 香港港安醫院—荃灣保留更改及刪除上述資料權利，而無須另行通知。

Taiwan Immigration Physical Check Package (The following plans only apply to Out-patients)

台灣居留或定居身體檢查套餐 (以下計劃只適用於門診病人)

⌚ Examination Items 檢查項目	Plan 1 計劃 1	Plan 2 計劃 2	Children under 15 years of age 15歲以下兒童
Health Assessment by G.P. 全科醫生健康評估 (一次)	✓	✓	✓
Diagnostic Imaging 診斷影像			
Chest X-Ray X光檢查 (肺部)	✓	✓	✓
Laboratory Investigation 化驗室檢驗			
VDRL 梅毒測試	✓	✓	
TPPA 梅毒血凝測試	✓	✓	
Measles Antibody 麻疹抗體	✓		
Rubella Antibody -IgG 德國麻疹抗體	✓		
Price 費用	\$2,110	\$1,480	\$800

Optional Items 另加項目

MMR Vaccination  
麻疹及德國麻疹預防疫苗接種

Laboratory Investigation 化驗室檢驗

+ Routine & Parasites  
大便常規及寄生蟲檢驗

Important Information 注意事項

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- + 預約及查詢，請致電本院身體檢查中心(852) 2275 6363。
- + 香港港安醫院—荃灣保留更改及刪除上述資料權利，而無須另行通知。

Other Special Discounts (The following plans only apply to Out-patients)

自選檢查項目 (以下計劃只適用於門診病人)

All who join our physical examination programs can now enjoy a special discount on the following tests:  
凡參加本院各項身體檢查計劃，並同時或同日預約進行下列檢查皆可獲折扣優待：

⌚	
Female 女性	Bone Densitometry (Lumbar spine & Hip) 骨質密度掃描 (腰椎及髖關節)
	Ultrasound Breasts 乳房超聲波掃描
	Mammogram 乳房X光造影
	Mammogram & Ultrasound Breasts 乳房X光造影及乳房超聲波掃描
	Ultrasound Pelvis 盤腔超聲波掃描
	Tumor Marker-Breast CA15.3 腫瘤標記 - 乳房
Male 男性	Tumor Marker- Ovary CA125 腫瘤標記 - 卵巢
	PSA 前列腺抗原測試
For Heart 心臟	Uroflow Test 尿流量測試
	Echocardiogram 心臟超聲波掃描
For Cancer 腫瘤	Treadmill 運動心電圖
	Tumor Markers 腫瘤測試
	+ Alpha-Fetoprotein-for liver cancer 肝癌 - 甲型胎兒蛋白
	+ CEA-for colon cancer 結腸癌 - 癌性胚胎抗原
Others 其他	+ EBV Antibody-for NPC 鼻咽癌病毒抗體
	Ultrasound Whole Abdomen 全腹部超聲波掃描
	Barium Meal 上部胃腸道檢查
	Barium Enema 大腸灌銀檢查
	Hepatitis A Screening 甲型肝炎測試
	Pulmonary Function Test 肺功能測試
	Fibroscan 肝纖維化掃描

You can ask our doctors for other optional tests.  
本院另備有其他選擇性檢查項目，詳情請向本院醫生查詢。

Important Information 注意事項

- + Hong Kong Adventist Hospital – Tsuen Wan reserves the right to make alterations to the price list without prior notification.
- + 香港港安醫院—荃灣保留更改及刪除上述資料權利，而無須另行通知。