腸保健康專案
Colorectal Health Screening Program

項目 (Item)	檢查內容 (Examination Content)	臨床意義 (Clinical Significance)
一般檢查 General Examination	身高、體重、血壓、脈搏、腰圍 Body Height, Body Weight, Blood Pressure, Pulse Rate, Waist Circumference	身體的初步評估，以瞭解身體基本功能正常性 Initial assessment of general physical status and basic body functions.
眼科檢查 Ophthalmologic Examination	眼壓、視力、辨色力 Intraocular Pressure, Visual Acuity, Color Vision Test	視力、青光眼篩檢 Assessment of vision and glaucoma screening.
聽力檢查 Audiometric Test	聽力檢測(空氣傳導) Air conduction test	聽力檢查測試頻率為五百、一千、二千、三千、四千、六千及八千赫之純音
體脂肪檢查 Body Composition Analysis	體脂肪、身體質量指數(BMI)、脂肪重量、肌肉重量 Body Fat, Body Mass Index (BMI), Fat Mass, Muscle Mass	評估肥胖程度與身體組成 Evaluation of obesity and body composition.
心電圖檢查 Electrocardiography	靜態心電圖檢查 Resting Electrocardiogram (ECG/EKG)	瞭解心律、心肌缺氧、傳導阻滯等心臟功能 Assessment of cardiac rhythm, myocardial ischemia, and conduction abnormalities.
尿液檢查 Urine Examination	(1)尿蛋白(protein) (2)尿潛血(OB) (3)尿糖(glucose) (4)尿膽素原(urobilinogen) (5)膽紅素(bilirubin） (6)酮體(ketone) (7)酸鹼度反應(pH) (8)亞硝酸鹽(nitrite) (9)比重(SG) (10)尿白血球(Urine Sediment:WBC) (11)尿紅血球(Urine Sediment:RBC)	肝、膽、腎功能、泌尿道感染、結石及糖尿病等疾病之篩檢【女性經期影響之項目】肝、膽、腎功能、泌尿道感染、結石及糖尿病等疾病之篩檢 Screening for hepatic, biliary, and renal disorders, urinary tract infection, urolithiasis, and diabetes mellitus.
	(12)微量蛋白尿 Microalbuminuria (13)尿肌酐酸 Urine Creatinin (14)尿蛋白/尿肌酐酸 ACR	早期腎功能病變檢查 Early detection of renal impairment.

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血液檢查 Blood Examination	(1)白血球計數(WBC) (2)血色素(Hb) (3)紅血球計數(RBC) (4)血球比容值測定(Hct) (5)平均紅血球容積(MCV) (6)平均血色素量(MCH) (7)平均紅血球色素濃度(MCHC) (8)血小板計數(Platelets) (9)紅血球分布寬度（RDW）	可初步評估貧血、感染、過敏體質、白血病及骨髓造血功能 Evaluate anemia, infection, allergies, leukemia, bone marrow hematopoietic function
	白血球分類 Differential Counts: (9)淋巴球(Lymphocytes) (10)單核球(Monocytes) (11)嗜酸性球(Eosinophils) (12)嗜鹼性球(Basophils) (13)嗜中性球(Neutrophils)	感染或過敏體質之輔助檢查 Auxiliary test for infection or allergies
肝功能檢查 Liver Function Test	麩草酸轉胺酵素(SGOT) 麩丙酮酸轉胺酵素(SGPT) 鹼性磷酸酵素(ALK-P) 血清總蛋白(Total Protein) 血清白蛋白(Albumin) 球蛋白（globulin） 轉磷酵素(GGT)	瞭解是否有肝功能異常 Assess for liver function abnormalities
	總膽紅素(Total Bilirubin) 直接膽紅素(Direct Bilirubin)	瞭解是否有溶血、黃膽、膽道阻塞等疾病 Detect hemolysis, jaundice, or bile duct obstruction
腎功能檢查 Kidney Function Test	血中尿素氮(BUN) 肌酸酐(Creatinine)	瞭解是否有腎炎、腎衰竭、腎功能障礙等疾病 Assess for nephritis, renal failure, or kidney dysfunction
	腎絲球過濾率(eGFR)	根據不同的性別、年齡、體重估算出更精確的腎臟功能指數 Estimate more accurate kidney function index based on sex, age, and body weight
	尿酸(Uric acid)	尿酸過高、痛風 Detect hyperuricemia and gout

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血糖檢查 Blood Glucose Test	飯前血糖(AC Sugar)	血糖高低、糖尿病之初步篩檢 Assess blood glucose levels for preliminary diabetes screening
	糖化血色素(HbA1C)	反應長期性(2 個月)之平均血糖值，為糖尿病控制穩定與否之參考 Reflect average blood glucose over 2 months, serving as a reference for diabetes control stability
血脂肪檢查 Lipid Profile	總膽固醇(T-Chol.)	血脂分析、脂肪代謝、血液循環等心血管疾病之相關血脂肪檢查 Analyze blood lipids, fat metabolism, and circulation for cardiovascular risk assessment
	三酸甘油脂(TG)	
	高密度脂蛋白膽固醇（HDL-C）	心肌梗塞危險性之評估 Evaluate risk of myocardial infarction
	低密度脂蛋白膽固醇（LDL-C）	冠狀動脈疾病危險性之評估 Evaluate risk of coronary artery disease
心血管與慢性疾病風險評估 Cardiovascular and Chronic Disease Risk Assessment	總膽固醇/高密度脂蛋白膽固醇(T-CHOL/HDL)	動脈硬化危險因子之評估 Assess risk factors for atherosclerosis
	低密度脂蛋白/高密度脂蛋白(LDL-C/HDL-C)	檢測血脂肪中高低密度脂蛋白之比例，判別是否具初期動脈硬化之危險指標因素。 Measure LDL/HDL ratio to determine early atherosclerosis risk factors
	十年心血管疾病風險評估(Framingham Risk Score)	評估心臟血管疾病之風險程度。 Assess overall cardiovascular disease risk
	慢性疾病風險評估表（Chronic Disease Risk Assessmen）	評估糖尿病、高血壓、心血管疾病及其他慢性疾病風險。 Assess the risk of diabetes, hypertension, cardiovascular diseases, and other chronic conditions.
電解質檢測 Electrolytes Test	鈉、鉀、鈣 Sodium (Na), Potassium (K), Calcium (Ca)	腎功能受損可導致電解質異常 Impaired kidney function may lead to electrolyte imbalances.
甲狀腺功能 Thyroid Function Test	游離甲狀腺素（FT4）	甲狀腺功能是否正常之初步篩檢 Preliminary screening of thyroid function
	甲狀腺刺激素（TSH）	
腫瘤標誌篩檢 Tumor Marker Screening	甲型胎兒球蛋白（AFP）	肝硬化及早期肝癌之篩檢 Screening for liver cirrhosis and early liver cancer
	癌胚胎抗原（CEA）	早期大腸癌篩檢 Early colorectal cancer screening

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	胰臟癌篩檢（CA199）	協助早期偵測胰臟及膽管癌 Aid early detection of pancreatic and bile duct cancer
X 光檢查 X-ray Examination	胸部正面 Chest (PA)	是否有肺結核、肺部腫瘤、心臟擴大 Detect tuberculosis, lung tumors, or cardiac enlargement
消化系統 Digestive system	腹部 X 光 KUB Abdominal X-Ray【KUB】	有無腸阻塞、膽結石、泌尿系統結石 Evaluates for possible intestinal obstruction, gallstones, or urinary tract stones.
超音波檢查 Ultrasound Examination	上腹部超音波 Abdominal sonography	肝、膽、腎、胰及脾臟等是否有結石、腫瘤 ⚠影像品質可能因脂肪組織、骨骼遮蔽或腸道氣體干擾而受影響，尤以胰臟尾部因位置較深，常不易清晰顯影。
無痛腸胃道檢查 Painless Endoscopy (Upper GI Endoscopy + Colonoscopy)	上腸胃道內視鏡及大腸內視鏡 Upper gastrointestinal endoscopy and Intestinal endoscopy	將軟式消化道內視鏡直接由口腔或鼻腔放入胃部，可觀察食道、胃、十二指腸是否有發炎、潰瘍、息肉、腫瘤等情形 A flexible gastrointestinal endoscope is inserted orally or nasally into the stomach, allowing direct visualization of the esophagus, stomach, and duodenum for inflammation, ulcers, polyps, tumors, or other abnormalities. 可觀察肛門、直腸、乙狀結腸、大腸是否有發炎、潰瘍、息肉、腫瘤等 Allows direct visualization of the anus, rectum, sigmoid colon, and colon to detect inflammation, ulcers, polyps, tumors, or other abnormalities.

項目 (Item)	檢查內容 (Examination Content)	臨床意義 (Clinical Significance)
	切片檢查相關費用說明 / Biopsy Procedure – Fee Notice 1. **健保身份 / NHI Coverage** 若需進行切片，請務必出示健保卡。 2. **自費規定 / Self-Payment** 無健保資格者，切片檢查須全額自費。 3. **切片件數 / Number of Specimens** 切片件數依臨床需求及個人情況而定，無固定件數。 **Biopsy Procedure – Fee Notice** • **NHI Coverage** Please present your National Health Insurance (NHI) card if a biopsy is required. • **Self-Payment** For individuals without NHI coverage, the biopsy procedure will be charged in full. • **Number of Specimens** The number of biopsy specimens is determined based on clinical needs and individual conditions, and is not fixed.	
	清腸與檢查規定 • **寄送資料袋**：另寄「清腸資料袋」，內含飲食與瀉劑說明，請務必遵守。 • **清腸不完全**：檢查無法完成者，恕不重做或退費。 • **追加瀉劑**：如需第二份瀉劑，須另付費。 • **瀉劑不可回收**：取消腸鏡仍須繳瀉劑與代餐費。 **Bowel Preparation & Examination Regulations** • Preparation Kit Delivery: For patients undergoing colonoscopy, a separate bowel preparation kit (including dietary instructions and laxative use) will be mailed. Please follow the guidelines carefully. • Incomplete Bowel Cleansing: If the examination cannot be completed due to inadequate bowel preparation, no repeat procedure or refund will be provided. • Additional Laxatives: A second set of laxatives, if required, will incur an additional charge. • Non-Returnable Laxatives: For safety reasons, laxatives cannot be returned. If the colonoscopy is canceled after the kit has been issued, the cost of laxatives and meal replacements must still be paid.	

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Colorectal Health Screening Program

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	無痛（鎮靜）鏡檢規範 • **當日注意**：需測血氧，請卸光療或指甲油；檢查後不得自行駕駛，須有人陪同或安排交通。 • **禁忌症**：半年內心肌梗塞、不穩定心絞痛、嚴重心律不整、年齡 >75 歲者不得麻醉。 • **加強麻醉安全**：65 歲以上、BMI ≥27、多重疾病、睡眠呼吸中止症等，需加用 **HFNC（NT$3,400，自費）**，並經麻醉醫師評估。 📌 **請提前 2 週預約檢查。** **Sedated (Painless) Endoscopy Guidelines** • Day of Examination: Oxygen saturation monitoring is required; remove gel nails or nail polish in advance. Patients must not drive or ride vehicles afterward and should arrange for an escort or transportation. • Contraindications: General anesthesia is contraindicated in patients with myocardial infarction within the past 6 months, unstable angina, severe arrhythmia, or age >75 years. • Enhanced Sedation Safety: Patients ≥65 years, BMI ≥27, with multiple comorbidities, sleep apnea, or history of postoperative dizziness/nausea require High-Flow Nasal Cannula (HFNC, NT$3,400, self-paid), subject to anesthesiologist evaluation. 📌 Please schedule your examination at least 2 weeks in advance.	
全景寶石能譜 CT 750 電腦斷層 Gemstone Spectral Imaging CT 750 (CT Scan)	低劑量肺部電腦斷層掃描【無顯影檢查】 Low-Dose Pulmonary CT【with no Contrast】	用較低輻射量的 X 光掃描肺部，幫助早期發現肺癌。比起傳統 X 光或一般 CT，LDCT 更能偵測小於 1 公分的肺部病灶，特別適合高危險族群定期篩檢。 Uses low-dose X-ray computed tomography (LDCT) to scan the lungs, aiding in the early detection of lung cancer. Compared with conventional chest X-ray or standard CT, LDCT is more sensitive in detecting pulmonary lesions smaller than 1 cm, making it particularly suitable for regular screening in high-risk populations.
	測量冠狀動脈鈣化程度分析**【無顯影檢查】** Coronary artery calcium score【with no Contrast】	檢視冠狀動脈鈣化指數，預測冠心症風險程度。 適用對象:高血壓、糖尿病、高血脂、吸菸、冠心症家族史、心絞痛、心電圖有心臟缺血變化者 ⚠**心導管檢查後**，冠狀動脈可能已被介入治療（例如氣球擴張或支架置放），導致血管結構改變，鈣化程度的測量可能不準確或無法反映真實的冠狀動脈鈣化狀況。 ⚠**放置支架者不宜**，支架本身可能影響影像判讀，造成人工鈣化或金屬影響，干擾鈣化分數的準確評估。

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醫師檢查 Physician Consultation	醫師理學檢查（含頭頸部、呼吸系統、心臟血管系統、神經系統、消化系統、肌肉骨骼、皮膚等） Physician Physical Examination: Assessment of the head and neck, respiratory, cardiovascular, neurological, digestive, musculoskeletal, and dermatological systems.	
醫師報告說明 Physician's Report Explanation	主治醫師檢查報告彙整一對一解說，予以衛教諮詢及健康促進等建議。 The attending physician consolidates the examination findings, provides a one-on-one explanation, and offers health education and wellness promotion guidance.	
專業服務 Professional Service	個案管理師針對血壓、血糖及血脂異常，提供後續追蹤、健康衛教及生活型態管理建議。 The Case Manager / Health Care Coordinator provides follow-up, health education, and lifestyle management guidance for abnormal blood pressure, blood glucose, and lipid results.	

📌 備註 Remarks:

✓ 本專案每人健檢費用為新台幣 26,000 元整，屬專案優惠價格，恕無法提供個別項目明細。
The fee for this program is NT$26,000 per person. This is a special package price, and individual itemized costs cannot be provided.

✓ 本健檢專案建議安排一日完成，實際時間將依個人檢查項目與狀況彈性調整。
It is recommended to allow about one day for this checkup program, with the actual duration adjusted according to individual items and conditions.

✓ 若因個人因素主動放棄部分檢查項目，恕無法更換其他檢查或要求退費，敬請見諒。
If you voluntarily opt out of any examination items for personal reasons, substitutions or refunds cannot be provided.

✓ 個人健檢表單預約（掃描 QR Code 即可預約）
Personal Checkup Online Reservation Form (Scan the QR Code to make a reservation.)

✓ 個人健檢諮詢專線 0933-065-998，歡迎掃描 QR Code 加入健檢 Line 預約。
Personal Checkup Consultation Hotline: 0933-065-998. Simply scan the QR Code to join our Health Checkup Line and make a reservation.

【個人健檢表單預約 QR code】

【Line QR code 預約】

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醫院資訊 / Hospital Information

阮綜合醫療社團法人 阮綜合醫院 健康管理中心

Ruan General Hospital – Health Management Center

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