



What you need to know before your check-up appointment:

- Get enough sleep, at least 6-8 hours prior to the checkup as lack of sleep may cause abnormal results such as blood pressure, heart beat.
- Women should avoid undergoing medical check-up during menstrual period and schedule their health check-up 7 days after their last menstruation as well as inform the team in case of pregnancy or suspected pregnancy.
- Wear loose clothing allowing access to upper arm and comfortable shoes for the treadmill test.
- Avoid drinking alcohol at least 24 hours before the check-up as it could affect the result of some tests. Bring all previous medical records and current medications with you, if any.
- Do not eat or drink anything at least 8 hours (except water) prior to the health check-up time, you are advised to come on an empty stomach. A complimentary breakfast will be provided following the initial tests.
- Except DIABETIC and THYROID medications all other medications can be taken as per doctor's prescription. Drink a lot of water and maintain a full bladder at the time of the abdominal USG.
- Urine and stool sample should only be given when you are at the hospital.



Holiday Checkups

For your peace of mind and body

VIP

CONSULTATIONS

- Urologist
- Cardiologist
- Neurologist
- Gynaecologist
- Ophthalmologist
- E.N.T. Specialist
- General Surgeon
- Internal Medicine



GENERAL

CONSULTATIONS

- Urologist
- Cardiologist
- Gynaecologist
- General Surgeon
- Internal Medicine

CARDIOLOGY PROFILE

helps detect early signs of heart conditions

- ECG
- Echocardiogram (cardiac ultrasound)
- Treadmill Test: Cardiac exercise stress test (heart's response to physical exertion)
- Troponin

RADIOLOGY

- Brain MRI
- Chest X-ray
- Neck Ultrasound
- Thyroid Ultrasound
- Full Abdomen Ultrasound
- Digital Mammogram
- Breast Ultrasound

HAEMATOLOGY

Complete Blood Count (22 Parameters) checks the types and numbers of cells and helps give an indication of your general health as well as assess a wide range of illnesses, infections, and diseases.

Blood Typing and Rh grouping determines the blood group

AUDIOLOGY

assesses hearing and middle ear drum function disorders

- Audiometry
- Tympanometry

RENAL FUNCTION PROFIL

helps evaluate the kidney function, detect urinary tract infections and conditions affecting the kidneys.

- Urea
- Creatinine
- Uric Acid
- Urine test

INFLAMMATION PROFILE

helps detect inflammation-infection in the body.

C-reactive protein (CRP)
Erythrocyte Sedimentation Rate (ESR)

LIVER FUNCTION PROFILE

helps assess the health and function of the liver by measuring different enzymes, proteins, and other substances made by the liver

- Total Bilirubin
- Direct Bilirubin
- SGPT
- SGOT
- GGT
- Alkaline Phosphatase
- D-Dimer

HEPATITIS & INFECTIOUS DISEASE

detects infection by hepatitis B, Hepatitis C (past or current), and measures the presence of antibodies and antigens in response to the presence of HIV.

HBsAg (Hepatitis B Surface Antigen)
Anti-HBs (Hepatitis B Surface Antibody)
Anti-HCV (Hepatitis C Virus)
Anti-HIV

LIPID PROFILE

measures levels of different kinds of fats in the blood and helps evaluate the risk of cardiovascular diseases.

- LDL Cholesterol
- HDL Cholesterol
- Trygliceride

DIABETIC PROFILE

assesses the blood sugar levels to check the body's ability to produce insulin and helps detect a diabetic or pre-diabetic condition.

- Glucose (Blood sugar fasting)
- HbA1C (Blood sugar average over the last 3 months)
- Insulin

VITAMINS & MINERALS

checks for deficiencies across minerals, vitamins, iron, electrolytes, key nutrients that nourish the body and are essential to the overall health.

- 25 OH Vitamin D
- Vitamin B12
- Ferritin
- Calcium
- Magnesium

HORMONES PROFILE

Checks the ovaries function, the reproductive system and menstrual cycle regularity in women and the level of prostate-specific antigen protein produced by the prostate cells in men, which is useful in prostate cancer screening and prostate abnormalities.

Women: FSH, Estradiol (E2)
Men: Total PSA

THYROID PROFILE

helps evaluate the functioning of the thyroid gland and symptoms of hyper- or hypothyroidism

- TSH
- Free T3
- Free T4
- Anti-TPO (Anti-Thyroid Peroxidase)

PANCREAS PROFILE

evaluates pancreatic function to diagnose problems with pancreas

Amylase

TUMOR MARKERS

helps to find out whether there are substances produced by cancer cells or in response to any cancer/tumor formed in the body and guides to detect a cancer at an early stage

- CA 125 for Ovarian Cancer (Women)
- CA 15-3 for Breast Cancer (Women)
- CEA for Colon Cancer (Women & Men)
- CA 19-9 for Pancreatic Cancer (Women & Men)
- Alpha-Phetoprotein (AFP) for Liver Cancer (Men)

PATHOLOGY

cervical screening test in women to detect abnormal cells on the cervix that could lead to cervical cancer.

Pap Smear Test

OTHER TESTS

helps detect the existence of hidden blood in feces to look for any medical problem in the colon and rectum.

Fecal Occult Blood test

* The GENERAL CHECK UP programme does NOT include the brain MRI and the audiologic tests.