



HEALTH CHECK INSTRUCTIONS

All Health Check Ups are conducted by prior appointments only.

12 hours fasting is essential prior to the check up. You may drink water.

Completely abstain from alcohol at least 12 Hrs. prior to the check up.

You are requested to bring samples of urine and stool when you come for check up. Containers for the same can be collected from the department in advance

The men are requested to shave their chest to ensure a good ECG/Tread Mill Test.

If you are wearing lenses, please remove them 2 days prior to the Health Check Up.

Wear loose clothing, No jewelry (Necklaces/Chains) and easily removable footwear.

If you are diabetic, avoid taking your insulin injections/anti diabetic tablets on the morning of Health Check up. Please carry your insulin/anti-diabetic tablets which you can have before or after your breakfast in the hospital. Other regular medication can be taken as instructed by the doctor. Please carry regular medication along with you when you come for the checkup.

Please bring all your earlier (Within 1-3 Years) Medical records and medical accessories like glasses, hearing aid if you have any when you come for Health Check Up.

Inform Health Check Up Department in advance if you want any additional Investigations or consultations to be done so that we can schedule your appointments for the same.

We can provide additional Tests / Investigations / Procedures / Consultations at request or if required however these will be billed separately in addition to the package payment.

Please be informed that certain tests like x-rays are not to be done if you are likely to be pregnant. For Females, during menstruation (menses) PAP SMEAR test cannot be done

Please note that a 25% surcharge will apply to all Foreign Nationals