

## INSTRUCTIONS

- All health check-ups are conducted by prior appointments only
- 12 hours fasting is essential prior to the check-up but you may drink water
- Completely abstain from alcohol for at least 12 hours prior to the check-up
- You are requested to bring samples of urine and stool when you come for the 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/Treadmill Test
- If you are wearing lenses, please remove them 2 days prior to the health check-up
- Wear loose clothing, no jewellery (necklaces/chains) and easily removable footwear
- If you are diabetic, avoid taking your insulin injections/anti-diabetic tablets on the morning of your 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 your regular medication with you when you come for the check-up.
- 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 the 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
- During menstruation (menses) PAP SMEAR test cannot be done
- All health checkup packages are prepared by Hospital Management, therefore, all are based on subsidised rates, and hence, cannot be divided into individual tests or investigations. In lieu to this context, even if you are unable to take any particular test from the health checkup package due to any Personal/Health reasons, no equivalent amount will be refunded to you.
- Lunch will be provided for the packages above ₹ 5500 only (Applicable only to the Health Checkup Patients)
- **Please note that a 25% surcharge is applicable for Foreign Nationals, NRI, PIO & OCI.**