



## Instructions

### For Appointments:-

1. All health checks are conducted by prior appointments only. For appointment please contact on 0712-6624100 or **you can book an appointment through our website also.**
2. The entire checkup takes around 5-6 hours depending on the package. Packages having Pap smear test, reports will be dispatched after 3 days.
3. Blood sample collection services can be provided at your doorstep, contact- 08308884238
4. Our Health checkup services starts at morning 8 AM till 4 PM. & Sunday we are closed.

### Prerequisites for Health Checkup:-

5. Please come an empty Stomach with overnight fasting of 10 to 12 hrs. However, you are advised to have 2-3 glasses of plain water, to enable a full bladder to facilitate an ultra sound.
6. Light dinner on the previous night is recommended and avoids alcohol 3 days prior to the health checkup.
7. A complimentary breakfast will be provided post fasting blood test.
8. Kindly carry all your medicines on the day of appointment along with previous medical records, if any. Also bring any hearing aids, visual aids like spectacles or any other aids that you use.
9. You are advised to wear loose and comfortable clothing. Remove Jewellery before coming for health checkup. Jogging shoes are preferable for the Tread Mill Test. Eye lenses, if any, should be removed before coming for checkup.
10. A small stool and urine sample should be brought in the sterilized containers which are readily available in medical stores, Wockhardt Health Check up Center or Wockhardt Hospital Lab.
11. For Cardiac, Diabetic, and Executive Health Check-Up Clients either TMT or ECHO will be done based on advice.

### For Females:-

12. The Hospital shall not conduct certain investigations like X-ray for pregnant women. PAP smear test cannot be done during menstruation. Mammography is not advised below age of 40 years unless having history of breast cancer. However, USG breast will be done below 40 years.
13. Men are requested to shave their chest to ensure a good ECG/Tread Mill Test.
14. Additional tests, investigations or consultation can be conducted on requestor requirement, but they will be billed in addition to the cost of your health check package.
15. Company sponsored clients are requested to carry referral letter along with company ID proof.

Note: Our online packages are exclusive and the content varies from Hospital Health checkup packages.