

DO'S

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DON'TS

### ***Blood sample collection/ Health Check***



- To avail the health check, you need to remain fasting for 10-12 hours
- Do not consume tea /coffee in the morning. You can only consume water before the sample collection
- Do not consume alcohol or smoke 24hrs prior to the test. They may have an impact on your lab values
- If you are on any medication, please confirm with your doctor regarding the same before the test
- Please wear a face mask during the sample collection, for your and the technician's safety
- Cancellation of this appointment may result in a delay of 10-15 days for the next appointment.

### ***PAP Smears Check***



- PAP test is done to screen for cancer in the opening of the uterus (Cervix)
- Please avoid sexual activity, douching or using any vaginal medications/creams 2 days before your appointment date as they interfere with the sample collection
- Please ensure you are not on a period or experiencing even mild period-end discharge when you take the appointment. Book your appointment anytime from 4 days after your period ends.
- Trim/ shave pubic hair (hair on private parts) to the best extent possible
- You can go about your day as normal after the PAP test.
- The actual PAP test procedure with doctor consult may take 10 -20 minutes but please keep in mind that we will need additional time to sanitize the room and equipment before and after each customer.

### ***TMT Check***



- To avail the health check, you need to remain fasting for 2-3 hours
- Get your medicines reviewed by the doctors before the test
- Please note that you may have to stop medication if advised
- Please be informed that during the test, the area (chest) needs to be prepared (shaved). You may either do it yourself a day before or seek help from the staff
- Please wear or bring comfortable clothes and sports shoes suitable for walking
- Please don't bring valuables or keep them safely, at your own risk
- Do not smoke on the day of test

### ***Ultrasound Check***



- The scan is done for the whole abdomen
- Adults and children need 4-6 hours of fasting before the scan.
- Please drink 1-2 litres of water, 2-3 hours before your scan appointment time and do not pass urine, so that your bladder is full when your turn comes
- You can take your routine pills for BP, thyroid etc. with a small sip of water. In case of Diabetes, please avoid taking your diabetes pills/ insulin on the day of the scan; please bring your diabetes pills/insulin with you to the clinic so that you may take them along with your breakfast immediately after finishing your scan
- Kindly bear in mind that your actual ultrasound process will take around 10-20 minutes. But we will need added time for doctor discussion and room sanitization measures before and after each customer visit
- Please carry copies of previous ultrasound reports if any (preferably as digital copies in your mobile). It will help your doctor in doing a comparison study