



Sagar
Multispeciality Hospital
WE CARE • WE CURE



BASIC TRAVEL HEALTH CHECK-UP

This screening is specifically designed for holidaygoers, providing a comprehensive health assessment to help them understand their current condition and plan their vacation accordingly.

PRE- TRAVEL HEALTH

CHECK BASIC

FOR INQUIRES CALL

 **7880161616**

- ✓ **Tests : 19**
- ✓ **Parameters : 83**
- ✓ **Consultations : 1**
- ✓ **Ideal For : Male/Female**
- ✓ **Age Group : Above 18 years**



8,999/-

PACKAGE INCLUSIONS

Blood Investigations

- Blood group and Ab Screening
- Haemogram

Kidney Health

- Renal Function Test

Liver Health

- Liver Function Test

Heart Health

- Lipid Profile (non-fasting)
- E.C.G
- TMT/ 2D ECHO

Diabetes Screening

- Random Blood sugar
- HbA1c

Obesity Screening

- Body Composition Analysis

Infection Screening

- Urine Analysis

Lung Health

- Chest X-ray
- PFT

Gastro Health

- USG - whole abdomen

Anaemia Screening

- Serum Iron
- TBIC
- Ferritin

Nutritional Health

- Vit D
- Vit B12

Consultations

- Internal Medicine

Health Risk Assessment

Vaccination Review

- As per international guidelines

Timing of the health check up

- 2 weeks before travel dates

IDEAL FOR

People of all age groups, who want to monitor their health before going on a holiday.

PREPARATIONS

GUIDELINES FOR PREVENTIVE HEALTH-CHECK PROGRAM

General Instructions

- Get sufficient rest.
- Please do not eat or drink anything (no tea, coffee, lime water etc.) except water for a minimum of 10 to 12 hours (plain water is permitted), and abstinence from excessive fatty meal and meat for dinner in the evening before is essential.
- Avoid exercise in the morning on the day of health check up.
- Do not consume alcohol or nicotine 24 hours prior to the health check up.
- Please carry all your current medications and medical records related to any known medical conditions (including significant medical or surgical history).
- There may be a short waiting time for each test, depending on your selected package.
- This entire process will take a minimum of 4 hours..

For Women

- It is advised to book your appointment on D2/D3 of your period for optimal FSH & LH test results.
- If you are menstruating on the day of your appointment please inform the nurses on arrival.
- In the event of pregnancy or suspected pregnancy, please avoid getting any X-rays or mammograms. Kindly notify the reception about your pregnancy status in advance.

Other Instructions

- If you are a diabetic/cardiac/BP patient or have suffered any illness or fever in the recent past, please inform the EHC reception in advance.
- For identification, kindly bring a valid photo ID Card.



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www.smhbhopal.com



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