



Sagar
Multispeciality Hospital
WE CARE • WE CURE

FERTILITY BASICS – HEALTH SCREENING

In today's fast paced world, it is very important to plan your health and family. This package is specially curated for young women who wish to assess their health and fertility before planning their family. It is advised to book your appointment on day 2 of your period for optimal FSH & LH test results.

WOMEN HEALTH CHECK

FOR INQUIRES CALL

 **7880161616**

- ✓ **Lab Tests : 8**
- ✓ **Parameters : 11**
- ✓ **Consultations : 2**
- ✓ **Ideal For : Female**
- ✓ **Age Group : 18-40**

 **4,999/-**

PACKAGE INCLUSIONS

INVESTIGATIONS

- USG Transvaginal (TVS)/ Lower abdomen
- Prolactin
- Follicle-stimulating hormone
- Luteinizing Hormone
- Anti Mullerian Hormone (AMH)
- Testosterone
- Estradiol
- Thyroid Profile

CONSULTATIONS

- Gynaecologist
- Dietician

IDEAL FOR

Young women who wish to take informed decisions for planning their health & conception.

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.
- For Spirometry / Pulmonary Function test intake of inhalers needs to be avoided for 24 hours (if possible) hence patient should consult their prescribing physician.
- Avoid exercise in the morning on day of health check up.
- Please wear comfortable footwear since you be required to undergo a brisk walk as a part of Treadmill test (TMT) if indicated .
- Do not consume alcohol or nicotine 24 hours prior to the health check up.
- Please carry all your current medications and medical records for any known medical condition (significant medical or surgical history).
- There may be a short waiting time for each test as per your selected package.
- This whole process will take a minimum of 3-4 hrs.

For Women:

- It is advised to book your appointment on day 2 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.
- All corporate clients are requested to bring the original credit letter from your company.
- For identification kindly bring a valid photo ID Card.