



Sagar
Multispeciality Hospital
WE CARE • WE CURE



FUTURE MOM CHECK-UP PRE-CONCEPTION CARE

A preconception checkup helps your health care provider make sure that your body is ready for pregnancy.

WOMEN HEALTH CHECK

FOR INQUIRES CALL

 **7880161616**

- ✓ **Lab Tests : 12**
- ✓ **Parameters : 23**
- ✓ **Consultations : 1**
- ✓ **Ideal For : Female**
- ✓ **Age Group : 18-40**

 **4,599/-**

PACKAGE INCLUSIONS

BLOOD PROFILE

- Blood Group And Ab Screening
- CBC +Hb Electrophoresis

INFECTION SCREENING

- HIV I & II
- HbsAg
- Anti Rubella IgG
- Serological Test for Syphilis (VDRL)

DIABETES SCREENING

- Glycocylated Haemoglobin

REPRODUCTIVE HEALTH

- USG Transvaginal (TVS)

NUTRITIONAL HEALTH

- Vitamin B12
- Vitamin-D

HORMONE HEALTH

- Thyroid Profile

CONSULTATION

- Gynaecologist

IDEAL FOR

Women who are planning to conceive.

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 exercising on the morning of your 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.
- 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 about one week after your last day of menstruation.
- 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.