



Sagar
Multispeciality Hospital
WE CARE • WE CURE



KIDNEY HEALTH CHECK-UP

Your kidneys are vital organs and play a crucial role in your overall well-being. A Chronic Kidney Disease (CKD) profile is essential for early detection and management of kidney health. This comprehensive check-up helps provide insights into your kidney function and overall health. If you have a family history of kidney disease, are showing some signs of kidney disease or are at a high risk of kidney ailments, avail of this blood test for timely intervention and better management of chronic conditions.

KIDNEY DISEASE PACKAGE

FOR INQUIRES CALL

 **7880161616**

- ✓ **Lab Tests : 12**
- ✓ **Parameters : 54**
- ✓ **Consultations : 1**
- ✓ **Ideal For : Male/Female**
- ✓ **Age Group : 18-40**

 **3,999/-**

PACKAGE INCLUSION

BLOOD INVESTIGATIONS

- Haemogram (CBC+ESR)

LIPID PROFILE

- SGPT ALT(Alanine Aminotransferase)

RENAL

- Albumin, Serum
- Albumin/Globulin Ratio
- Bicarbonate
- BUN/Creatinine Ratio
- Calcium, Serum
- Chloride, Serum
- Creatinine, Serum
- Globulin
- Potassium, Serum
- Serum Alkaline Phosphatase ALP
- Serum BUN (Blood Urea Nitrogen)
- Sodium, Serum

IDEAL FOR

Healthy individuals between the age of 18-40 years for monitoring basic health parameters

PREPARATIONS

GUIDELINES FOR PREVENTIVE HEALTH-CHECK PROGRAM

General Instructions

- Please ensure 8–10 hours of overnight fasting before the test. Only plain water is allowed during this period.
- Avoid alcohol, smoking, and heavy/oily meals at least 24 hours prior to the test as these may affect results.
- Do not discontinue any prescribed medicines unless advised by your doctor. Inform the healthcare staff about all medications you are currently taking.
- If you are on blood pressure, thyroid, or diabetes medications, check with your doctor whether to take them before the test.
- Wear loose and comfortable clothing to allow easy sample collection.
- Carry a list of your current medications, allergies, and medical history for accurate assessment.
- Inform the staff if you have a history of bleeding disorders, fainting during blood tests, or recent infections.
- Stay well hydrated the day before and the morning of the test (except during fasting hours) to make sample collection easier.
- Women are advised to avoid scheduling the test during their menstrual cycle, if possible, as it may influence some parameters.
- If you are pregnant or suspect pregnancy, please inform the healthcare staff before the test.
- Bring along your previous health reports, prescriptions, and any relevant diagnostic results for comparison.
- Arrive at least 15 minutes before your scheduled appointment to complete registration and pre-test formalities.
- Follow any additional instructions provided by your healthcare provider specific to your condition.

Duration for Health check

- The Health Check process will take minimum 5-6 hours.
- Your patience is of paramount importance and helps us serve you better.
- Please refer to the Package Orientation sheet handed over to you in your file on the day of tests for detailed instructions regarding the process flow of your package.

Post Health Check consultation

- **Review Your Reports:** Go through your kidney test results carefully and discuss them with your doctor for proper understanding and further guidance.
- **Follow Doctor's Advice:** Take prescribed medicines on time, maintain a kidney-friendly diet with less salt and processed food, and follow the lifestyle changes suggested.
- **Stay Hydrated & Monitor Health:** Drink enough water (if not restricted) and keep track of your blood pressure and blood sugar regularly.
- **Watch for Warning Signs:** Contact your doctor if you notice swelling, reduced urine, constant tiredness, or unusual changes in health.
- **Plan Regular Check-Ups:** Even if results are normal, go for routine follow-ups as advised to ensure early detection of any issues.

For Men

- **Maintain a Healthy Lifestyle:** Eat a balanced diet with less salt, processed foods, and red meat. Include fresh fruits, vegetables, and whole grains to support kidney function.
- **Stay Hydrated:** Drink enough water daily (unless restricted by your doctor) to help kidneys flush out toxins effectively.
- **Monitor Blood Pressure & Sugar:** High blood pressure and diabetes are the leading causes of kidney disease. Regularly check and control both to protect kidney health.
- **Avoid Excessive Painkillers & Alcohol:** Overuse of painkillers, alcohol, or smoking can damage your kidneys over time. Use medicines only with a doctor's advice.
- **Exercise Regularly:** Engage in moderate physical activity like walking, yoga, or cycling to maintain a healthy weight and improve overall kidney function.
- **Get Regular Check-Ups:** If you have a family history of kidney disease, diabetes, or hypertension, undergo kidney function tests as recommended by your doctor.

