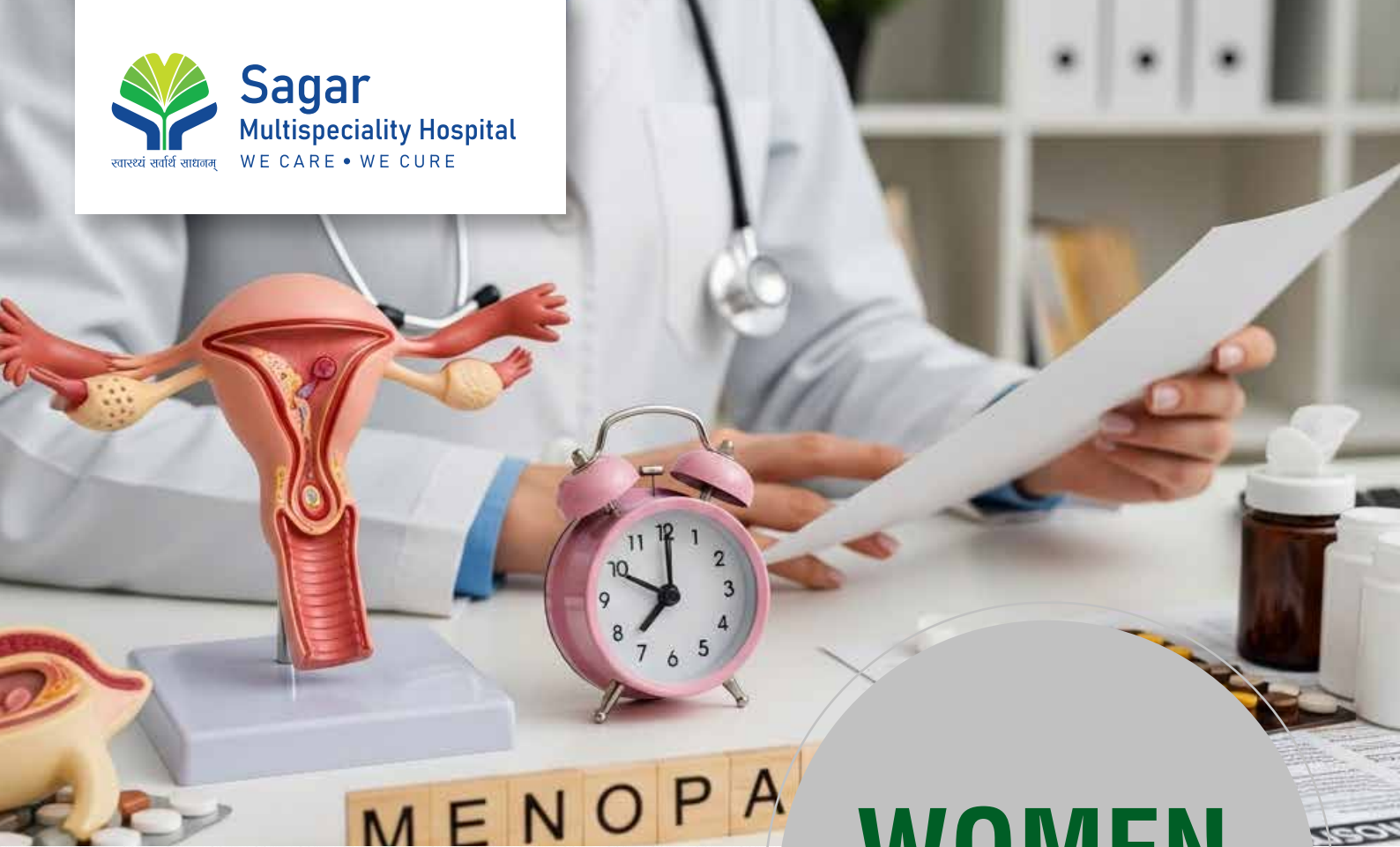




**Sagar**  
Multispecialty Hospital  
WE CARE • WE CURE



# MENOPAUSE WELLNESS CHECK-UP

Menopause health check is a comprehensive plan that includes a series of tests to monitor the hormonal functions and other biochemical parameters helping assess overall well being. If you have attained menopause then you can book appointment for this health checkup on any day of your cycle. If you are in peri-menopause it is advised to book your appointment on D2/D3 of your period for optimal FSH & LH test results.

## WOMEN

CHECK-UP FOR

FOR INQUIRES CALL

 **7880161616**

- ✓ **Lab Tests : 4**
- ✓ **Parameters : 4**
- ✓ **Consultations : 1**
- ✓ **Ideal For : Female**
- ✓ **Age Group : >40**

 **2,999/-**

## PACKAGE INCLUSIONS

### Investigations

- USG Transvaginal (TVS)
- Follicle-Stimulating Hormone
- Luteinizing Hormone
- Testosterone
- Estradiol

### Consultation

- Gynaecologist

## IDEAL FOR

Women who have attained menopause

Peri menopausal women Women having menstrual irregularities, hot flushes, bloating, mood swings etc.

Patients with uterine or ovarian cancers and have undergone radiation therapy, surgery for uterus and/or ovaries removal



## 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.
- 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 minimum 3-4 hrs.

### For Women

- If you have attained menopause then you can book appointment for this health checkup on any day of your cycle. If you are in peri-menopause it is advised to book your appointment on D2/D3 of your period for optimal FSH & LH test results.

### 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.