



Sagar
Multispeciality Hospital
WE CARE • WE CURE



PCOS CARE PACKAGE

PCOS health package is a comprehensive assessment that helps your doctor diagnose and treat PCOS. Please schedule your appointment for this package on day 2 of your cycle.

WOMEN HEALTH CHECK

FOR INQUIRES CALL

 **7880161616**

- ✓ **Lab Tests : 9**
- ✓ **Parameters : 17**
- ✓ **Consultations : 2**
- ✓ **Ideal For : Female**
- ✓ **Age Group : 18-40**

 **2,999/-**

PACKAGE INCLUSIONS

INVESTIGATIONS

- USG Transvaginal (TVS)/Lower abdomen
- Lipid Profile(fasting)
- Prolactin
- Follicle-Stimulating Hormone
- Luteinizing Hormone
- Testosterone
- Insulin Fasting
- Estradiol
- Thyroid Profile
- Blood sugar fasting
- Glycosylated hemoglobin (HbA1c)

CONSULTATION

- Endocrinologist

IDEAL FOR

Hormonal imbalance, PCOS, Unwanted hair, weight gain, irregular periods

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:

- 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.
- All corporate clients are requested to bring the original credit letter from your company.
- For identification kindly bring a valid photo ID Card.