



## Instructions

1. Kindly take appointment one day prior to undergo the Health check-up.
2. You have to observe fasting for 10-12 hours prior undergoing the health check-up. So have your dinner by 8.30 PM and after that only water should be consumed.
3. Alcohol should not be consumed on the day prior to undergoing the health Check –up.
4. Kindly bring all your medicines, medical records and your case file in case you are undergoing any treatment at present or are taking any medicine regularly for your complete evaluation.
5. Avoid Exercising before coming for check-up.
6. Please take care of your belongings. Wear loose clothing, no jewellery and easily removable footwear. Please do not wear contact lens on the day of health-check-up.
7. Test like X-Rays are not to be done if you suspect a pregnancy.
8. Company sponsored clients are requested to carry referral letter along with company ID proof.
9. For Diabetics - please do not consume your morning dose of insulin or morning tablets on the day of your checkup. Please carry it along with you and take at the time of breakfast.
10. For Women - If you are pregnant or expecting pregnancy or have any doubts, kindly inform to our customer care executive or Doctor.