

JEEVIKA HOSPITAL

Health Check-Up Package – Patient Instructions

Please follow the instructions below to help ensure a smooth and accurate health check-up.

Important Instructions

- 1 **Arrival:** Please reach the hospital by **8:00 AM** on the day of your appointment.

- 2 **Fasting:** Overnight fasting is required before the health check-up.

- 3 **Morning beverages:** Please do not have milk, tea, or coffee in the morning before the tests. You may drink water.

- 4 **Alcohol:** Complete abstinence from alcohol is required for at least **24 hours** prior to the check-up.

- 5 **Urine & stool samples:** Kindly bring your morning urine and stool samples in clean containers.

- 6 **Clothing & jewellery:** Wear loose clothing and easily removable footwear. Please do not wear jewellery.

- 7 **Medical records:** Please bring your previous medical records, if any, when you come for the health check-up.

- 8 **For ladies:** Please inform the X-ray technician if you are pregnant. Please do not provide a urine sample or undergo a Pap smear examination during menstruation.

- 9 **Medications:** If you are taking any medication, please bring your prescription and medicines with you. If you are diabetic or a cardiac patient, please inform the health check executive.

- 10 **Super-specialty consultation:** Consultation charges will be extra for the super-specialty department if you are referred by the doctor.

Important: Following these instructions carefully can help avoid delays or the need to repeat certain tests.