

Evening Preventive Health Check Programme Max Healthcare

Instruction Sheet

1. Please bring all your medical records and reports, if you have / had any ailments.
2. Please come 4-6 hrs fasting for the check up. You can have your meal latest by 11am. Please avoid alcohol and any food item with excess fat on the day of your check up.
3. Please do not consume anything including tea/coffee/biscuits after 11am. You may have water and partially fill the bladder before coming for check up
4. If you are on any medication, kindly consume them as prescribed. If you are a diabetic, please refer to the special note for diabetics. Please stop Beta Blockers (e.g. Atenolol, Metoprolol), and Calcium Channel blockers (e.g. Diltiazem) one day before the Health Check and restart after the checkup (Discuss with your Cardiologist/Physician if required).
5. Please do not smoke on the day of your programme until you have completed all the investigations.
6. Please do not wear any jewellery on the day of your programme.
7. Please bring your spectacles/prescription with you. If you use contact lenses, please do not wear them on the day of your programme.
8. Please do not apply cream, oil or powder on your chest when you come for your programme.
9. Please get your urine and stool samples in the plastic containers that will be sent to you once you book the appointment.
10. On arrival, you will be given a tracksuit for the entire duration of your programme.
11. Please wear/carry your comfortable sports shoes/sneakers.
12. You will be served snacks at the end of the programme.
13. There will be a review meeting on a later day as per your choice with the Medicine Consultant, where all the reports will be handed over to you.

Special note for Diabetics :

- Please inform our patient care co-ordinator at the time of registration
- Please take your morning dose of Diabetes Medicine as per routine
- Eye drops may be put in your eyes for a detailed examination. As a result you may not be able to see things clearly for some time

Special note for Females:

- If you are pregnant or suspecting pregnancy or have any doubts, kindly inform the patient care co-ordinator

Special note for Males:

- Please shave the hair on your chest, for better recording of TMT & ECG