

Paras International Health Check Package

Recommended for people desiring a more comprehensive check up



PACKAGE PRICE – 160 US Dollars or 80 GBP

HAEMOGRAM

Haemoglobin
ESR
PCV
MCHC
MCV
MCH
Total WBC (TLC)
DLC
Peripheral Smear
Platelet Count

BIOCHEMICAL PARAMETERS

Blood Sugar (Fasting & Post Prandial)
Uric Acid
Serum Calcium & Phosphorous
Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides Screening, Ratio of Cholesterol/HDL)
Glycosylated Haemoglobin(HbA1C)

KIDNEY ASSESSMENT

S. Urea

S. Creatinine
Complete Urine Analysis

LIVER FUNCTION TEST

Total Protein
Albumin
Globulin
A/G Ratio
SGPT & SGOT (BloodTest)
Alkaline Phosphatase
SGGT
S. Bilirubin (Total & Direct)

LUNG FUNCTION TEST

Pulmonary Function Test (PFT)

CARDIAC ASSESSMENT

ECG
Echocardiography
Tread Mill Test (TMT)

GENERAL TESTS

Blood Grouping & Rh Typing
Stool examination
X-ray Chest
Pap smear (for women)
Ultrasound screening of the

whole abdomen
Prostate Specific Antigen (PSA) for men
Mammography for women
Clinical examination, Medical Summary and advice by Senior Consultant-Internal Medicine

CONSULTATIONS

Senior Cardiologist
Gynecologist (for women)
Diet Counseling
Consultation with two specialists as recommended by Senior Consultant-Internal Medicine
Post Check up consultation by Senior Consultant-Internal Medicine

HEALTH & LIFESTYLE ASSESSMENT AND COUNSELING

Nutrition & Diet , Stress management ,Exercise & Fitness ,Risk Management of Addictions Cardiac Problems, Cancer, AIDS, etc.

Note: As a part of this package, we will also provide you, breakfast, car for pick up and drop from the Airport or Hotel.

INSTRUCTIONS FOR HEALTH CHECK UP

All Health Check Ups are conducted by prior appointments only. **To make an appointment, please write to us at info@parashospitals.com**

- Kindly take an appointment before coming. Please call 0124-4585555 Please report at Paras Health & Happiness Centre, OPD Ground Floor, between 8.30 a.m. and 11.30 a.m., Monday through Saturday, with prior appointment.
- Please come empty stomach with overnight fasting (have 2-3 glasses of plain water in the morning). Completely abstain from alcohol at least 12 hrs. prior to the check up.
- Have an early dinner on the previous day.
- Kindly bring your morning samples of urine and stool (sterilized containers for samples can be collected a day in advance from Paras Health & Happiness Centre)
- In case you are taking any medication, please bring your prescription / medication along with you (if you are a diabetic or a cardiac patient, please inform the Paras Health & Happiness Centre)
- Pregnant ladies or if suspecting pregnancy, please do not get any X-ray, mammography & bone densitometry done.
- Dress Code: Since you will be required to change clothes frequently while undergoing various tests, you may feel more comfortable in casual clothes and footwear