

## **PRE- TEST REQUIREMENTS**

- The candidate undergoing the health check-up should reach between 8.15 am – 9.30 am or as scheduled by the clinic.
- Minimum of 12 hours fasting is essential prior to the health check-up.
- May drink water during fasting. Refrain from alcohol at least 12 hours prior to the health check-up.
- Men are requested to shave their chest to ensure a good ECG / Tread Mill Test.
- If you are wearing contact lenses, please remove those 2 days prior to health check-up.
- Wear loose clothing, no jewelry (Necklaces / Chains) and easily removable footwear.
- If you are diabetic, avoid taking your insulin injections / anti diabetic tablets on the morning of Health Check-up. Please carry your insulin / anti diabetic tablets which you can have before or after your breakfast in the clinic. Other regular medication can be taken as instructed by the doctor. Please carry regular medication along.
- Please bring all your earlier (Within 1Year) medical records and medical accessories like glasses, hearing aid if you have any when you come for Health Check Up.

Inform the clinic at the time of taking appointment if you want any additional investigations or consultations so that it can be scheduled accordingly.