



# HEALTH CHECK GUIDE



LANKA  
HOSPITALS

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- We at Lanka hospitals "Health Link believes in delivering the best of screening and preventive health care to our patients. We invite you to take a look at our new range of screening packages which are designed to suit your individual needs. Identifying diseases early has proven to be paramount in recovery. The sooner the disease is identified in sooner they can be treated and this has proven to be a way not only to save lives, but also to save time and money.
- At Lanka hospitals we are dedicated to making a healthy difference to the lives we touch and assure you our utmost care and dedication to your health and wellbeing.

## IMPORTANCE OF HEALTHLINK

- ✓ For early diagnosis, early intervention and to identify potential risks.
- ✓ Each package has been carefully designed to cover vital areas of your body.
- ✓ All investigations are carried out with a personalized service under one roof using state of art computerized equipment.
- ✓ Health checks are carried out by a highly qualified team of medical professionals.
- ✓ Special packages include consultation with a specialist in the related field.
- ✓ Doctor prescription is not required for any checkup.
- ✓ All tests are completed during a given time frame and review date and time will be given at your convenience.

# PRE ASSESSMENT GUIDELINES

- If your package requires fasting, please DO NOT TAKE ANY FOOD 12 hour prior to your checkup. Only sips of plain water are allowed. Be at Lanka Health Link department at your given time and proceed for registration and billing.
- Your stool and urine specimen will be collected on the morning of your appointment. Containers will be provided. If you wish to collect the containers prior to check up, you may collect them from the health link reception.
- Please bring along your previous medical records /diagnosis cards and prescriptions if any.
- If you are taking regular medication, you are supposed to take them till the previous night. Do not use insulin or any diabetic medication in the morning prior to the checkup. Please bring your diabetic drugs (Morning Doses) and other usual medications. After giving the fasting sample and scan you may take your medicines along with the breakfast.
- Breakfast will be provided. If you require a diabetic diet kindly inform us at the time of booking. PPBS sample will be taken 2 hours after the meal provided. Food intake is prohibited during this 2 hours.
- After the first blood sample please remember to collect the bottle of water before the Ultra Sound scanning test. You should have a full bladder for the ultrasound scan.
- Please bring suitable attire for the Treadmill Test. Ex. walking shoe, T-shirt and short.
- Remember to give your second blood sample for PPBS two hours after your breakfast. During 2 hours food intake is prohibited.
- (For ladies only) It is advisable for urine, stool and Pap smear to be conducted at least 5 days before the start of menstruation or 5days after the end of menstruation.
- Please contact us for making your appointment for your convenience by calling or walking to Health Link unit. Reports will be ready after three days of your health check examination.

## Lanka Sport Fitness Check – Advanced

- » Full Blood Count
- » Fasting Blood Sugar
- » Serum Creatinine
- » Serum Electrolytes
- » Lipid Profile
- » TSH
- » Urine Full Report
- » ECG
- » Chest X-ray with Radiologist report
- » 2D Echo Cardiogram
- » TMT (Tread Mill/Stress Test)
- » Lung Function test (Spirometry)
- » Checking of Height, Weight, BMI
- » Checking of Waist Circumference
- » Checking of vision
- » Medical history by Medical Officer
- » Fitness assessment by Sport medicine Consultant
- » Report with Summary

## Lanka Sport Fitness Check – Regular Plus

- » Full Blood Count
- » Fasting Blood Sugar
- » Lipid Profile
- » Urine Full Report
- » ECG
- » Chest X-ray with Radiologist report
- » 2D Echo Cardiogram
- » Checking of Height, Weight, BMI
- » Checking of Waist Circumference
- » Checking of vision
- » Medical history by Medical Officer
- » Fitness assessment by Sport medicine Consultant
- » Report with Summary

## Lanka Sport Fitness Check – Regular

- » Full Blood Count
- » Urine Full Report
- » ECG
- » 2D Echo Cardiogram
- » Checking of Height, Weight, BMI
- » Checking of Waist Circumference
- » Checking of vision
- » Medical history by Medical Officer
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