



## BASIC HEALTH SCREENING PACKAGE

PINK PACKAGE @ \$95.00 NETT

### **Medical Examination by Doctor**

- Interview on Medical History
- Physical Examination

### **Clinical Assessment**

- Height, Weight and BMI
- Waist Circumference
- Blood Pressure
- Visual Acuity

### **Blood Investigation:**

#### **Haematology Test:**

- Haemoglobin
- Total Red Blood Cell Count
- Haematocrit (HCT/PCV)
- Red Cell Indices (MCV, MCH, MCHC)
- Total White Blood Cell Count
- Differential Count
- Platelet Count
- Peripheral Blood Film (PBF)
- Erythrocyte Sedimentation Rate (ESR)

#### **Biochemistry Tests:**

##### Diabetic Profile

Glucose

##### Lipid Profile

Total Cholesterol  
Triglycerides  
HDL Cholesterol (Direct)  
LDL Cholesterol (Calculated)  
Total Chol/HDL Ratio

##### Renal Function Profile

Urea  
Creatinine  
eGFR  
Urine Microalbumin/Creatinine Ratio

#### **Bone and Joint Profile**

Calcium  
Uric Acid

#### **Liver and Biliary Profile**

Total Protein  
Albumin  
Globulin  
A/G Ratio  
Total Bilirubin  
Alkaline Phosphatase  
SGOT/AST  
SGPT/ALT  
Gamma GT

#### **Hepatitis Screening**

Hepatitis B Antibody  
Hepatitis B Antigen

#### **Serology**

Syphilis Antibody  
VDRL (and Titre if Syphilis Ab is reactive)

#### **Urine**

Urine FEME

---

## PRE-SCREENING GUIDELINES

- Please fast for at least 10 hours before your scheduled appointment to ensure accuracy of your blood tests. Sips of plain water are allowed during the fasting period.
- Please do not take any morning medication/s unless otherwise advised by your physician. You may consume it after the screening tests are completed. Regular high blood pressure and heart medication can be taken as per usual.
- Your urine specimen will be collected on the morning of your appointment.
- For ladies, please schedule your appointment 5 days after your last day of menstruation.
- The entire screening will be completed in one morning.
- Appointment required. Please call your preferred clinic for appointment.