

STANDARD INSTRUCTION FOR HEALTH CHECK-UP

Dear Sir/Madam,

- ☆ Appointments for health check-ups can be made in person or on the phone. Provided medical questionnaire to be filled prior to check-up.
- ☆ A minimum of 12 hrs fasting is essential prior to check-ups. Water can be consumed till the commencement of test.
- ☆ Alcohol and fatty food should be avoided for at least 12 hrs prior to checkup.
- ☆ Please be informed that certain test like X-Rays are not to be done if you suspect a pregnancy.
- ☆ For females, Pap smear test and urine routine test cannot be conducted during menstruation.
- ☆ Please bring all earlier medical records as well as medical accessories such as glasses, hearing aid etc. on the day of the check-up.
- ☆ You are requested to come to the centre on the day and time of appointment.
- ☆ you are requested to get stool (very small quantity) and Urine sample along with you wherever applicable
- ☆ After full payment, an identity card with a file will be given to you.
- ☆ An assistant will guide / accompany you throughout the scheme.
- ☆ All simple health check-up scheme patient will visit a G.P. after collecting all reports, in the same evening or next day.
- ☆ All Health Check-Up patients should take 75 gms of Glucose sugar with water after collection of fasting blood samples, except Diabetes patients wherever applicable
- ☆ Diabetic Patients should avoid taking insulin injection/anti-diabetic tablets on the morning of health check-up. The same can be taken before or after the breakfast & post lunch tablets to be taken after lunch if prescribed.
- ☆ Please consume one litre of water given to you for sonography of Abdomen & Pelvis.
- ☆ A summary of the check-up will be done by a Physician or by concern Doctor after his/her consultation.
- ☆ Appointment for Bone Mineral Densitometry is not required but Sono Mammography, Exercise Stress Test (TMT) & 2D Echo with Colour Doppler will be done by appointment.
- ☆ "The reports of the health check-up scheme will be ready to be handed within five days from the Physicians check-up"



GOKULDHAM MEDICAL CENTRE

(ESTD. SINCE 1994)

Sponsored By : Goenka & Associates Medical & Research Centre
(P.T.R. No. E / 13677 (Mumbai))

Working Hours 7.30 AM - 9.30 PM

HEALTH CHECK-UP SCHEMES

SAI ROAD, OFF GEN. A. K. VAIDYA MARG,
GOKULDHAM, GOREGAON (EAST),
MUMBAI - 400 063

TEL.: 022 - 41745554 / 022 - 41745555

Email: goenkagmc@gmail.com

May 2026

2500/-

| SIMPLE HEALTH CHECK - UP | | MALE/FEMALE |
|---|---|--------------------|
| A. LABORATORY INVESTIGATIONS | | |
| 1. HAEMOGRAM | | |
| # CBC | ✓ | |
| # E.S.R. | ✓ | |
| 2. DIABETES TESTS | | |
| # Blood Sugar-F | ✓ | |
| # Blood Sugar-PP | ✓ | |
| 3. KIDNEY TESTS | | |
| # Creatinine | ✓ | |
| 4. TOTAL CHOLESTEROL | ✓ | |
| 5. LIVER FUNCTION TEST | | |
| # SGPT | ✓ | |
| 6. GENERAL TESTS | | |
| # Blood Group | ✓ | |
| # Stool - R | ✓ | |
| # Urine - R | ✓ | |
| 7. HEPATITIS "B" (AUSTRALIA ANTIGEN) | ✓ | |
| B. E. C. G. | ✓ | |
| C. X-RAY CHEST P. A. VIEW | ✓ | |
| D. SONOGRAPHY ABDOMEN & PELVIS | ✓ | |
| E CONSULTATION : | | |
| General Practitioner | ✓ | |
| NEPHRO HEALTH CHECK-UP | | Rs. 2500/- |
| A LABORATORY INVESTIGATIONS | | MALE/FEMALE |
| 1. Kidney Tests | | |
| # RFT | ✓ | |
| # Urine Microalbumin | ✓ | |
| 2. HBA1C | ✓ | |
| B SONOGRAPHY ABDOMEN PELVIS | ✓ | |
| C CONSULTATION : | | |
| # Nephrologist @ GMC EXTN. | ✓ | |

★ PATIENTS OF SIMPLE, EXECUTIVE OR EXTENDED EXECUTIVE HEALTH CHECK UP OPTING FOR MAMMOGRAPHY OR SONOMAMMOGRAPHY OR BONEMINERAL DENSITOMETRY (BMD) WILL GET CONCESSION OF Rs.100/- ON ANY ONE OF THEM.

5000/-

| EXECUTIVE HEALTH CHECK - UP | | |
|--|-------------|------------------|
| A. LABORATORY INVESTIGATIONS | MALE | FEMALE |
| 1. HAEMOGRAM | | |
| # CBC | ✓ | ✓ |
| # E.S.R. | ✓ | ✓ |
| 2. DIABETES TESTS | | |
| # Blood Sugar-F | ✓ | ✓ |
| # HBA1C | ✓ | ✓ |
| 3. KIDNEY TESTS | | |
| # Blood Urea | ✓ | ✓ |
| # Creatinine | ✓ | ✓ |
| # Uric Acid | ✓ | ✓ |
| 4. LIPID PROFILE | ✓ | ✓ |
| 5. LIVER FUNCTION TEST | | |
| # Total Protein (Albumin , Globulin , A/G Ratio) | ✓ | ✓ |
| # Bilirubin (Total, Direct, Indirect) | ✓ | ✓ |
| # SGOT | ✓ | ✓ |
| # SGPT | ✓ | ✓ |
| # Alk. Phosphatase | ✓ | ✓ |
| 6. GENERAL TESTS | | |
| # Urine - R | ✓ | ✓ |
| 7. HEPATITIS "B" (AUSTRALIA ANTIGEN) | ✓ | ✓ |
| B. E. C. G. | ✓ | ✓ |
| C. X-RAY CHEST P. A. VIEW | ✓ | ✓ |
| D. SONOGRAPHY ABDOMEN & PELVIS | ✓ | ✓ |
| E. CONSULTATION : | | |
| # Gynaecologist | - | ✓ |
| # PAP Smear and Reporting | - | ✓ |
| # General Surgeon | ✓ | - |
| # Ophthalmologist | ✓ | ✓ |
| # E. N. T. Surgeon or Orthopedic | ✓ | ✓ |
| # Physician (M. D.) | ✓ | ✓ |
| # Dentist @ GMC EXTN. | ✓ | ✓ |
| SCHOOL HEALTH CHECK-UP | | Rs. 500/- |
| CONSULTATION: | | |
| # General Practioner # Ophthalmology | | |
| # ENT # Dental @ GMC EXTN. | | |

★ SIMPLE HEALTH CHECK UP AND EXECUTIVE HEALTH CHECK UP PATIENT'S OPTING FOR PULMONARY FUNCTIONS TEST WILL BE CHARGED Rs. 400/-

EXTENDED EXECUTIVE HEALTH CHECK - UP 7500/- 7000/-

SPECIAL EXECUTIVE HEALTH CHECK-UP 9000/- 10000/-

| A. | LABORATORY INVESTIGATIONS | MALE | FEMALE |
|----|--|------|--------|
| | 1. HAEMOGRAM | | |
| | # CBC | ✓ | ✓ |
| | # E.S.R. | ✓ | ✓ |
| | 2. DIABETES TESTS | | |
| | # Blood Sugar-F | ✓ | ✓ |
| | # HBA1C | ✓ | ✓ |
| | 3. KIDNEY TESTS | | |
| | # Blood Urea | ✓ | ✓ |
| | # Creatinine | ✓ | ✓ |
| | # Uric Acid | ✓ | ✓ |
| | 4. LIPID PROFILE | ✓ | ✓ |
| | 5. LIVER FUNCTION TEST | | |
| | # Total Protein (Albumin , Globulin , A/G Ratio) | ✓ | ✓ |
| | # Bilirubin (Total, Direct, Indirect) | ✓ | ✓ |
| | # SGOT | ✓ | ✓ |
| | # SGPT | ✓ | ✓ |
| | # Alk. Phosphatase | ✓ | ✓ |
| | 6. GENERAL TESTS | | |
| | # Urine - R | ✓ | ✓ |
| | 7. P. S. A. | ✓ | - |
| | 8. HEPATITIS "B" (AUSTRALIA ANTIGEN) | ✓ | ✓ |
| | 9. FREE T4 & TSH | ✓ | ✓ |
| | 10. Vit -B12 | ✓ | ✓ |
| | 11. Vit -D | ✓ | ✓ |
| B. | E. C. G. | ✓ | ✓ |
| C. | X-RAY CHEST P. A. VIEW | ✓ | ✓ |
| D. | SONOGRAPHY ABDOMEN & PELVIS | ✓ | ✓ |
| E. | PULMONARY FUNCTION TEST | ✓ | ✓ |
| F. | CONSULTATION : | | |
| | # Gynaecologist | - | ✓ |
| | # PAP Smear and Reporting | - | ✓ |
| | # General Surgeon | ✓ | - |
| | # Ophthalmologist | ✓ | ✓ |
| | # E. N. T. Surgeon or Orthopedic | ✓ | ✓ |
| | # Physician (M. D.) | ✓ | ✓ |
| | # Dentist @ GMC EXTN. | ✓ | ✓ |

| A. | LABORATORY INVESTIGATIONS | MALE | FEMALE |
|----|--|------|--------|
| | 1. HAEMOGRAM | | |
| | # CBC | ✓ | ✓ |
| | # E.S.R. | ✓ | ✓ |
| | 2. DIABETES TESTS | | |
| | # Blood Sugar-F | ✓ | ✓ |
| | # HBA1C | ✓ | ✓ |
| | 3. KIDNEY TESTS | | |
| | # Blood Urea | ✓ | ✓ |
| | # Creatinine | ✓ | ✓ |
| | # Uric Acid | ✓ | ✓ |
| | 4. LIPID PROFILE | ✓ | ✓ |
| | 5. LIVER FUNCTION TEST | | |
| | # Total Protein (Albumin , Globulin , A/G Ratio) | ✓ | ✓ |
| | # Bilirubin (Total, Direct, Indirect) | ✓ | ✓ |
| | # SGOT | ✓ | ✓ |
| | # SGPT | ✓ | ✓ |
| | # Alk. Phosphatase | ✓ | ✓ |
| | 6. GENERAL TESTS | | |
| | # Urine - R | ✓ | ✓ |
| | 7. P. S. A. | ✓ | - |
| | 8. HEPATITIS "B" (AUSTRALIA ANTIGEN) | ✓ | ✓ |
| | 9. FREE T4 & TSH | ✓ | ✓ |
| | 10. Vit -B12 | ✓ | ✓ |
| | 11. Vit -D | ✓ | ✓ |
| B. | E. C. G. | ✓ | ✓ |
| C. | X-RAY CHEST P. A. VIEW | ✓ | ✓ |
| D. | SONOGRAPHY ABDOMEN & PELVIS | ✓ | ✓ |
| E. | PULMONARY FUNCTION TEST | ✓ | ✓ |
| F. | BONE DENSITOMETRY TEST | ✓ | ✓ |
| G. | SONOMAMMOGRAPHY | - | ✓ |
| H. | CONSULTATION : | | |
| | # Gynaecologist | - | ✓ |
| | # PAP Smear and Reporting | - | ✓ |
| | # General Surgeon | ✓ | - |
| | # Ophthalmologist | ✓ | ✓ |
| | # E. N. T. Surgeon or Orthopedic | ✓ | ✓ |
| | # Physician (M. D.) | ✓ | ✓ |
| | # Dentist @ GMC EXTN. | ✓ | ✓ |

★ EXECUTIVE, EXTENDED EXECUTIVE, SPL. EXECUTIVE HEALTH CHECK UP PATIENT'S OPTING FOR EXERCISE STRESS TEST (TMT) OR 2D ECHO WITH COLOUR DOPPLER WILL GET CONCESSION OF RS. 100/- ON ANY ONE OF THEM (BY APPOINTMENT)

| BASIC DIABETIC CHECK - UP | | Rs. 1000/- MALE / FEMALE |
|-------------------------------------|--|------------------------------------|
| A. LABORATORY INVESTIGATIONS | | |
| 1. DIABETES TESTS | | |
| # Blood Sugar - F | | ✓ |
| # Blood Sugar -PP | | ✓ |
| # HBA1C | | ✓ |
| 2. KIDNEY TESTS | | |
| # Creatinine | | ✓ |
| # Urine-R | | ✓ |
| B. CONSULTATION: | | |
| # Endocrinologist | | ✓ |
| ADVANCED DIABETIC CHECK - UP | | Rs. 2500/- MALE / FEMALE |
| A. LABORATORY INVESTIGATIONS | | |
| 1. HAEMOGRAM | | |
| # CBC | | ✓ |
| # ESR | | ✓ |
| 2. DIABETES TESTS | | |
| # Blood Sugar - F | | ✓ |
| # Blood Sugar - PP | | ✓ |
| # HBA1C | | ✓ |
| 3. KIDNEY TESTS | | |
| # Creatinine | | ✓ |
| # Urine Microalbumin | | ✓ |
| 4. LIVER FUNCTION TEST | | |
| # S. G.O.T. | | ✓ |
| # S. G. P. T. | | ✓ |
| 5. LIPID PROFILE | | |
| # Total Cholesterol | | ✓ |
| # HDL, LDL, VLDL | | ✓ |
| # Triglycerides | | ✓ |
| B. E.C.G. | | ✓ |
| C. CONSULTATION: | | |
| # Endocrinologist | | ✓ |
| # Ophthalmologist | | ✓ |
| # Dietician | | ✓ |
| BASIC CARDIAC CHECK - UP | | Rs. 1100/- MALE / FEMALE |
| A. LABORATORY INVESTIGATIONS | | |
| 1. DIABETES TESTS | | |
| # Blood Sugar - F | | ✓ |
| # Blood Sugar - PP | | ✓ |
| 2. KIDNEY TESTS | | |
| # Creatinine | | ✓ |
| 3. LIPID PROFILE | | |
| # Total Cholesterol | | ✓ |
| # HDL, LDL, VLDL | | ✓ |
| # Triglycerides | | ✓ |
| B. E.C.G. | | ✓ |
| C. CONSULTATION: | | |
| # Cardiologist | | ✓ |

| ADVANCED CARDIAC CHECK - UP | | Rs. 5000/- MALE / FEMALE | |
|--|--|------------------------------------|-----------------------------|
| A. LABORATORY INVESTIGATIONS | | | |
| DIABETES TESTS | | | |
| # Blood Sugar - F | | | ✓ |
| # Blood Sugar - PP | | | ✓ |
| # HBA1C | | | ✓ |
| 2. KIDNEY TESTS | | | |
| # Creatinine | | | ✓ |
| 3. LIPID PROFILE | | | |
| # Total Cholesterol | | | ✓ |
| # HDL, LDL, VLDL | | | ✓ |
| # Triglycerides | | | ✓ |
| # Homocystiene | | | ✓ |
| B. E.C.G. | | | ✓ |
| C. Exercise Stress Test (TMT) | | | |
| D. 2D Echo with Colour Doppler | | | |
| E. CONSULTATION : | | | |
| # Cardiologist | | | ✓ |
| # Dietician | | | ✓ |
| CANCER CHECK - UP | | Rs. 4700/- MALE | Rs. 6000/- FEMALE |
| A. LABORATORY INVESTIGATIONS | | | |
| 1. HAEMOGRAM | | | |
| # CBC | | ✓ | ✓ |
| # ESR | | ✓ | ✓ |
| 2. GENERAL TESTS | | | |
| # Urine-R | | ✓ | ✓ |
| # Stool-R | | ✓ | ✓ |
| 3. KIDNEY TESTS | | | |
| # Blood Urea Nitrogen | | ✓ | ✓ |
| # Creatinine | | ✓ | ✓ |
| # Uric Acid | | ✓ | ✓ |
| 4. LIVER FUNCTION TEST | | | |
| # Total Protein (Albumin, Globulin, A/G Ratio) | | ✓ | ✓ |
| # Bilirubin (Total, Direct, Indirect) | | ✓ | ✓ |
| # S. G. P. T. | | ✓ | ✓ |
| # LDH | | ✓ | ✓ |
| 5. CANCER MARKERS | | | |
| # CEA (Colonic) | | ✓ | ✓ |
| # CA 19-9 (Pancreatic) | | ✓ | ✓ |
| # PSA (Prostate) | | ✓ | — |
| # CA-125 (Ovarian) | | — | ✓ |
| # Pap Smear (Cervical) | | — | ✓ |
| B. CHEST X-RAY-PA - VIEW | | ✓ | ✓ |
| C. SONOGRAPHY ABDOMEN & PELVIS | | | |
| D. SONO MAMMOGRAPHY (BOTH) | | | |
| E. CONSULTATION : | | | |
| # Medical Oncologist | | ✓ | ✓ |
| # E. N. T. Surgeon | | ✓ | ✓ |
| # General Surgeon | | ✓ | — |
| # Gynaecologist | | — | ✓ |