

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	—	✓

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

SIMPLE HEALTH CHECK - UP		Rs. 1900/-
A.	LABORATORY INVESTIGATIONS	MALE/FEMALE
	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.		

EXECUTIVE HEALTH CHECK - UP		Rs. 4500/-	
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		Rs. 6000/-	
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.	✓	✓
★ 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)			

SPECIAL EXECUTIVE HEALTH CHECK-UP		Rs. 6500/-	Rs. 7500/-
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.	✓	✓