

### Standard Instructions : Health Check Up

- Appointments for health check ups can be made in person or on the phone. Appointment have to be made at least a day in advance.
- To make an appointment, please contact 2366 7984 / 7985 between 8 a.m. and 4 p.m. from Monday to Friday (Saturday 8 a.m. to 12 noon).
- A minimum of 12 hours fasting is essential prior to check up. Water can be consumed till the commencement of test.
- Alcohol should be avoided for at least 12 hours prior to check up.
- Please be informed that certain test like

- X-Rays are not to be done if you suspect a pregnancy.
- For females, Pap Smear test cannot be conducted during menstruation.
- Male patients undergoing stress test are recommended chest hair shaving.
- Containers for urine and stool samples can be collected from health check up department / local chemist in advance.
- Please bring all earlier medical records as well as medical accessories such as glasses, hearing aid etc on the day of the check up.
- We can provide a pair of sports shoes for the stress test. However, you may carry a pair of your own clean sports shoes for your comfort.
- You are advised to wear loose clothing, minimal Jewellery and easily removable shoes for the health check up.
- Diabetic patients should avoid taking insulin injection/anti diabetic tablets on the morning of the health check up. The same can be taken before or after the breakfast that will be provided by Health Check up Department.
- Other regular medications may be taken, as instructed by your concerned doctor.
- You are requested to reach promptly at 8.30 a.m. for your check up. The entire process should take a maximum of 5-8 hours.
- You may come for a review consultation with our doctor 1-2 days later, with an appointment.
- We can provide additional test/ investigations consultations on request. However, these will be billed separately, in addition to the package.

For more information, ask our staff in the Health Check-Up Department or give us a  
**Call on 2366 7984/85**

**Breach Candy Hospital Trust**  
60 A Bhulabhai Desai Road  
Mumbai: 400026

**Email id:** [info@breachcandyhospital.org](mailto:info@breachcandyhospital.org)  
[healthcheckup@breachcandyhospital.org](mailto:healthcheckup@breachcandyhospital.org)

This is where  
**GOOD**  
HEALTH  
BEGINS...



## HEALTH CHECK UP PROGRAMMES

- Preventive health today is the most important need of the hour for health conscious people. In these times of high stress lifestyle, unlimited working hours and irregular food habits begin to take their toll. Our aim is to provide the best healthcare diagnostic facilities to detect disease at its earliest form.
- We, at Breach Candy Hospital believe that good health is the foundation for success in life. With this in mind our medical team has formulated the under mentioned Health Check up packages. These can be further tailor made & tailor-costed to suit your requirements.

## BENEFITS OF THE VARIOUS TESTS

- CBC to detect infection.
- Blood Sugar to detect Diabetes.
- Liver Function tests to detect if the liver is functioning at the optimum level.
- Lipid profile for early detection of heart related ailments.
- PSA for detection of Prostatic cancer.
- Chest x-ray to detect abnormalities in lungs, airways and heart.
- ECG to assess heart function.
- Mammography for detection of cancer of the breast.



### HEALTH PLAN Deluxe Package For Gents : Rs. 28,000/-

- Physical Examination
- CT Coronary Angio
- ECG
- X-Ray Chest
- USG of Abdomen & Pelvis
- Echo/Stress test
- Lung Function Test
- Dental Check-Up
- Pathology Lab Tests
- CBC
- ESR
- Lipid Profile
- Liver Profile
- Kidney Profile
- Vitamin B12 Levels
- Vitamin D3 Levels
- TSH
- HbA1C
- Blood Group
- Blood Sugar Fasting and Post Prandial
- Routine Urine
- Routine Stool
- Hepatitis B Surface Antigen - HbsAg
- Male Cancer Markers:
  - AFP
  - HCG
  - CEA
  - CA 19-9
  - PSA

### HEALTH PLAN Deluxe Package For Ladies: Rs. 34,000/-

- Physical Examination
- CT Coronary Angio
- ECG
- X-Ray Chest
- USG of Abdomen & Pelvis
- Echo/Stress test
- Lung Function Test
- Dental Check-Up
- Gynecological Examination
- Pap Smear
- Mammography
- Dexa BMD (Bone Densitometry)
- Pathology Lab Tests
- CBC
- ESR
- Lipid Profile
- Liver Profile
- Kidney Profile
- Vitamin B12 Levels
- Vitamin D3 Levels
- T3, T4, TSH
- HbA1C
- Blood Group
- Blood Sugar Fasting and Post Prandial
- Routine Urine
- Routine Stool
- Hepatitis B Surface Antigen - HbsAg
- Female Cancer Markers:
  - AFP
  - Beta HCG
  - CEA
  - CA 19-9
  - CA 125
  - CA 15.3

### Health Plan Health Plan A Gents : Rs. 12,000/-

- Physical Examination
- ECG
- X-Ray Chest
- USG of Abdomen & Pelvis
- Echo/Stress test
- Lung Function Test
- Dental Check-Up
- Pathology Lab Tests
- CBC
- ESR
- Lipid Profile
- Liver Profile
- Kidney Profile
- PSA
- Vitamin B12 Levels
- Vitamin D3 Levels
- TSH
- HbA1C
- Blood Group
- Blood Sugar Fasting and Post Prandial
- Routine Urine
- Routine Stool
- Hepatitis B Surface Antigen - HbsAg

### Health Plan Health Plan A+ Ladies : Rs. 15,000/-

- Physical Examination
- ECG
- X-Ray Chest
- USG of Abdomen & Pelvis
- Echo/Stress test
- Lung Function Test
- Gynecological Examination
- Pap Smear
- Mammography
- Dexa BMD (Bone Densitometry)
- Dental Check-up
- Pathology Lab Tests:
  - CBC
  - ESR
  - Lipid Profile
  - Liver Profile
  - Kidney Profile
  - T3, T4, TSH
  - Vitamin B12 Levels
  - Vitamin D3 Levels
  - HbA1C
  - Blood Group
  - Blood Sugar Fasting and Post Prandial
  - Routine Urine
  - Routine Stool
  - Hepatitis B Surface Antigen - HbsAg

### HEALTH PLAN-B (Executive Health Check up) Rs. 5,000/-

- Physical Examination
- ECG
- X-Ray Chest
- Lung Function Test
- Stress Test
- Dental Check-Up
- Pathology Lab Tests
- CBC
- ESR
- SMA 12 + 2 (14 Biochemistry Tests)
- Blood Group
- Routine Urine
- Routine Stool
- Hepatitis B Surface Antigen - HbsAg

### HEALTH PLAN-C Pre-Employment Medical Check up Rs. 3,000/-

- Physical Examination
- ECG
- Chest Xray
- Pathology Lab tests
- CBC
- ESR
- Blood Group
- Blood Sugar Fasting and Post Prandial
- Serum Urea
- Serum Creatinine
- Serum Cholesterol
- Routine Urine
- Routine Stool

### HEALTH PLAN - D Well Women's Package Rs. 7,500/-

- Dexa BMD
- Mammography
- USG of Abdomen & Pelvis
- Gynaec Examination
- Pap Smear

