



EXECUTIVE HEALTH SCREENING

PACKAGE FOR WOMEN



Health Screening Package

(Rs 125,000)

I Physical Examination & Assessment

- Consultation and Physical Examination by Doctor
- Breast Examination
- Body Fat Measurement
- Height / Weight / BMI
- Medical Report
- Post Examination Review by Doctor
- Consultation by Cardiologist

I Laboratory Tests

- Complete Hematological Parameters
- Erythrocyte Sedimentation Rate (ESR)
- Liver Function Test
- Kidney Function Test
- Blood Glucose Fasting
- HbA1c
- Lipid/ Cholesterol Profile
- Gout (Uric Acid)
- Thyroid Profile: Free T4, Free T3 & TSH
- Bone Mineral Status: Calcium, Phosphate & Vitamin D
- Immunology: Rheumatoid Factor
- Cardiac Risk: Lipoprotein A & B
- Cardiac Risk: HS CRP
- Anemia Screening: TIBC, B12, Folate, Ferritin, Iron
- Hepatitis A/B/C Screening
- Blood Group

Health Screening Package

(Rs 125,000)

- Urinalysis
- Stool Occult Blood Test
- Helicobacter Pylori IgG
- Helicobacter Pylori IgA
- Urine Micro albumin to Creatinine Ratio
- Hormonal Profile: Estradiol (E2)
- Hormonal Profile: LH, FSH
- Hormonal Profile: Progesterone

| Radiology Tests

- Chest X-ray
- Ultrasound Thyroid
- Ultrasound Abdomen & Pelvis
- Mammogram

| Cytology/Smear Test

- Pap Smear

| Cardiac Assessment

- 12 Leads Resting Electrocardiogram
- Echocardiography
- Exercise Tolerance Test

Health Screening Package

(Rs 125,000)

I Food Allergy Screen

Choose 1 out of below:

- Food Allergen
- Inhalative Allergen
- Allergy Exclusive Panel

I Other Clinical Assessment/Consultation

- Dental Scaling and Polishing
- Dental Consultation
- Clinical Nutrition Assessment

I Optional Items

- Colonoscopy: Rs 46,000
- Gastroscopy: Rs 37,500
- Venereal Diseases(VDRL/TPHA) Rs 2,640
- Herpes Rs 2,530 + Rs 2,640
- HIV Screening Rs 3,850

I Recommended Additional Tests For Women Over 50 Years

Available at Extra Charges

- Tumor Marker - Ovary (CA 125) Rs 5,050
- Tumor Marker - Breast (CA 15.3) Rs 3,800
- Ultrasound Breast (Unilateral) Rs 2,750
- Ultrasound Breast (Bilateral) Rs 5,500

Pre-Screen Do's and Don'ts

I FASTING

- Fasting for 8 hours before your health screening appointment is required specifically for your blood tests and ultrasound abdomen & pelvis.
- Drinking of plain water is permissible up to the time of screening.

I MEDICATION/ SUPPLEMENTS

- Please discuss with our representative before taking your routine morning medication and/or supplements as it can effect your results.

I STOOL FOR OCCULT BLOOD TEST

- You may collect the stool container from our Hospital.
- You can collect your stool sample before coming for your screening appointment.
- Stool sample should be of the same day of your screening appointment
- Submission of stool container can only be done on the day of the health screening

I TREADMILL TEST

- If you are taking the treadmill test, bring along an additional change of clothes and appropriate footwear.
- Medications such as beta-blockers (e.g. propranolol or atenolol) should preferably be stopped three days before the test date

Pre-Screen Do's and Don'ts

| FOR LADIES

- For ladies - Pap smear, urine, and stool tests should be done 5-7 days after the last day of menstruation.
- If you are menstruating on the day of your appointment, please inform the nurses on arrival, as the pap smear, urine, and stool tests cannot be conducted.
- While taking an ultrasound abdomen test, you may feel some slight discomfort, and the conducting gel may feel cold and wet.
- Before undergoing a pelvic ultrasound, you must drink several glasses of water. Please avoid urinating for about one hour before the examination time. When the bladder is full, it forms a convenient path for the ultrasonic waves, known as the acoustic window.

| FOR LADIES

- Do not wear any deodorant, perfume, powder or cream under your arms or chest area as it may interfere with the quality of the mammogram

| BREAKFAST & LUNCH

- Complimentary Snacks will be Served
- *Our representative will contact you after your appointment booking for further assistance*

Payment Terms & Conditions

| Payment Terms & Conditions

- Payment would be 100% advance.
- You can transfer your payment online
- Bank Account Number: 12427949396401 Saleem Memorial Trust Hospital HBL (Habib Bank Limited)
- Share the screenshot of your payment on +923115995167
- Any additional test if recommended by the doctor will be charged separately.
- All prices are subject to changes as per hospital policy without prior notice.
- Prices of optional items are mentioned separately and will be charged over and above the package price.

| Medical Report

- Detailed medical report will be given within 5 days of your screening appointment



Contact Us:

Landline: +92 42 34509999

www.smh.org.pk

Opposite Green Forts II, Canal Road, Lahore