

INSTRUCTION SHEET

1. Please bring all your past medical records and reports, if you have or have had any ailments.
2. On arrival, you will be given a tracksuit for the entire duration of the programme.
3. Please come fasting 12 hours overnight for the check-up. Please avoid alcohol and any food item with excess fat on the day prior to your check-up.
4. If you are on any medication, kindly consume them as prescribed. If you are a Diabetic, please refer to the special note for Diabetics. Do not skip your blood pressure medicines on the day of the check-up.
5. The PHP process takes 4-5 hours and you are requested to stay at the Max Facility during this time.
6. Please do not wear any jewellery on the day of your programme.
7. Please do not smoke on the day of your programme until you have completed all the investigations.
8. Please do not consume tea/coffee/biscuits on the morning of the programme. You may drink water, if you need to.
9. If you use contact lenses, please do not wear them on the day of the programme.
10. Please do not apply cream, oil or powder on your chest when you come for the programme.
11. Beta blockers to be stopped 48 hours before going for Stress Thallium Test and TMT (Treadmill Test).
12. Light breakfast will be served.
13. Please wear/carry your comfortable sports shoes/sneakers.
14. There will be a review meeting 3-4 days after completion of the PHP with an Internal Medicine Consultant, where all the reports will be handed over to you.

a. For Diabetics

1. Please inform our Patient Care Coordinator at the time of registration.
2. Please do not consume your morning dose of insulin or morning tablets on the day of your programme. Carry it along with you and take it at the time of breakfast.
3. Eye drops may be put in your eyes for a detailed examination. As a result you may not be able to see things clearly for some time.

b. For Ladies

If you are pregnant or suspecting pregnancy or have any doubts, kindly inform the Patient Care Coordinator.

Platinum PHP and Cardiac PHP are also available at Max Healthcare. For details, please contact the front desk.

For all the PHPs, please take prior appointments.

FOR /PHP/PREVENTIVE HEALTH CHECKUP INSTRUCTION SHEET
/2.2/07/08/2008

**Docket
Place**