

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

March 2024

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	✓
	# 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 Practitioner # 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.	✓	✓	
* 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.				