

## Before Your Health Check-up

- ✔ Get enough sleep, at least 6 hours prior to checkup
- ✔ Avoid food and drink for at least 8 to 10 hours prior to checkup
- ✔ Water, may be consumed to avoid dehydration effects of blood sugar and cholesterol tests
- ✔ Refrain from consuming alcohol for at least 24 hours prior to checkup
- ✔ If you are taking medicine for hypertension, continue them as per doctor's prescription
- ✔ Please bring any test results or medical reports to assist you with diagnosis if you have any chronic illness or other health problems
- ✔ Wear comfortable clothing allowing access to your upper arms
- ✔ For females, avoid checkup 7 days before or after the menstrual period. If you are menstruating, you should not have urine analysis/Pap Smear due to blood contamination which affects interpretation of the result. It is also advisable to avoid digital mammogram for breast cancer screening during the period
- ✔ Treadmill Test - Pumps or sports shoes more suitable  
Should not be fasting

## Other Services We Offer:

- ✔ Good Heart Good Health Screening
- ✔ Diabetic Screening
- ✔ Communicable Disease Screening
- ✔ Vaccinations (Paediatric & Adult)
- ✔ Cosmetic & Reconstructive Assessment
- ✔ Dental Assessment
- ✔ Physiotherapy & Rehabilitation Sessions
- ✔ Audiology and Speech Therapy
- ✔ Dietician and Nutrition Advice

Durdans Helpline



**Durdans Executive Wellness Centre**  
3<sup>rd</sup> Floor



## PREVENTIVE HEALTH PACKAGES

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1<sup>st</sup> Joint Commission International (JCI)  
Accredited Hospital in Sri Lanka

**D**  
**DURDANS**  
HOSPITAL

Dedicated to you

Free Consultation by Family Physician at our Executive Wellness Centre (3rd Floor) to select the most appropriate Health Check-up

## BASIC HEALTH CHECK

TESTS	MALE		FEMALE	
	BELOW 40 YRS	ABOVE 40 YRS	BELOW 40 YRS	ABOVE 40 YRS
FBC - Full Blood Count	✓	✓	✓	✓
FBS - Fasting Blood Sugar	✓	✓	✓	✓
Lipid Profile	✓	✓	✓	✓
Serum Creatinine	✓	✓	✓	✓
Gamma GT	✓	✓	✓	✓
SGPT - Serum Glutamic Pyruvic Transaminase	✓	✓	✓	✓
ESR - Erythrocyte Sedimentation Rate	✓	✓	✓	✓
UFR - Urine Full Report	✓	✓	✓	✓
Stool for Occult Blood	✓	✓	✓	✓
Chest X-Ray with Report (Once in 3yrs)	✓	✓	✓	✓
ECG - Electrocardiogram	✓	✓	✓	✓
Full Medical Examination and Report	✓	✓	✓	✓

Optional Tests				
Eye Assessment (Male & Female)	✓	✓	✓	✓
Echocardiogram (Male & Female)	✓	✓	✓	✓
Ultrasound Scan of Abdomen & Pelvis (M & F)	✓	✓	✓	✓
Teeth Cleaning (Subgingival Scaling & Polishing with free Dental Consultation)	✓	✓	✓	✓
HPV (Female)			✓	✓

Male & Female : LKR 7,500.00\*

\* Excluding optional tests

## REGULAR HEALTH CHECK

TESTS	MALE		FEMALE	
	BELOW 40 YRS	ABOVE 40 YRS	BELOW 40 YRS	ABOVE 40 YRS
FBC - Full Blood Count	✓	✓	✓	✓
FBS - Full Blood Sugar	✓	✓	✓	✓
HBA1C (Glycosylated Haemoglobin)	✓	✓	✓	✓
Lipid Profile	✓	✓	✓	✓
Serum Creatinine	✓	✓	✓	✓
Gamma GT	✓	✓	✓	✓
SGPT - Serum Glutamic Pyruvic Transaminase	✓	✓	✓	✓
TSH (3rd Generation)	✓	✓	✓	✓
ESR - Erythrocyte Sedimentation Rate	✓	✓	✓	✓
UFR - Urine Full Report	✓	✓	✓	✓
Stool for Occult Blood	✓	✓	✓	✓
Chest X-Ray with Report (Once in 3 yrs)	✓	✓	✓	✓
ECG - Electrocardiogram	✓	✓	✓	✓
Echocardiogram	✓	✓	✓	✓
Ultrasound Scan of Abdomen and Pelvis	✓	✓	✓	✓
Mammogram above 40 yrs				✓
Breast Scan below 40 yrs			✓	
Full Medical Examination and Report	✓	✓	✓	✓

Optional Tests				
Eye Assessment (Male & Female)	✓	✓	✓	✓
TMT - Stress Test (Male & Female)	✓	✓	✓	✓
Lung Function Test (Male & Female)	✓	✓	✓	✓
PSA (Male)		✓		
Pap Smear (Female)			✓	✓
Teeth Cleaning (Subgingival Scaling & Polishing with free Dental Consultation)	✓	✓	✓	✓
HPV (Female)			✓	✓

Male : LKR 17,000.00\*

Female below 40 Years : LKR 20,500.00\*

Female above 40 Years : LKR 24,000.00\*

\* Excluding optional tests

## EXECUTIVE HEALTH CHECK

TESTS	MALE		FEMALE	
	BELOW 40 YRS	ABOVE 40 YRS	BELOW 40 YRS	ABOVE 40 YRS
FBC - Full Blood Count	✓	✓	✓	✓
FBS - Full Blood Sugar	✓	✓	✓	✓
HBA1C (Glycosylated Haemoglobin)	✓	✓	✓	✓
Lipid Profile	✓	✓	✓	✓
Renal Profile	✓	✓	✓	✓
Liver Profile	✓	✓	✓	✓
Thyroid Profile 3	✓	✓	✓	✓
ESR - Erythrocyte Sedimentation Rate	✓	✓	✓	✓
UFR - Urine Full Report	✓	✓	✓	✓
Stool for Occult Blood	✓	✓	✓	✓
Chest X-Ray with Report (Once in 3 yrs)	✓	✓	✓	✓
ECG - Electrocardiogram	✓	✓	✓	✓
Echocardiogram	✓	✓	✓	✓
Ultrasound Scan of Abdomen and Pelvis	✓	✓	✓	✓
Lung Function Test	✓	✓	✓	✓
Mammogram above 40 yrs				✓
Breast Scan below 40 yrs			✓	
Full Medical Examination and Report	✓	✓	✓	✓

Optional Tests				
Eye Assessment (Male & Female)	✓	✓	✓	✓
Dexa Scan (Male & Female)	✓	✓	✓	✓
TMT - Stress Test (Male & Female)	✓	✓	✓	✓
Vitamin D Assay (Male & Female)	✓	✓	✓	✓
PSA (Male)		✓		
CA125 (Female)			✓	✓
Pap Smear (Female)			✓	✓
Teeth Cleaning (Subgingival Scaling & Polishing with free Dental Consultation)	✓	✓	✓	✓
HPV (Female)			✓	✓

Male : LKR 28,500.00\*

Female below 40 Years : LKR 33,000.00\*

Female above 40 Years : LKR 37,000.00\*

\* Excluding optional tests

## PLATINUM HEALTH CHECK

TESTS	MALE		FEMALE	
	BELOW 40 YRS	ABOVE 40 YRS	BELOW 40 YRS	ABOVE 40 YRS
FBC - Full Blood Count	✓	✓	✓	✓
FBS - Full Blood Sugar	✓	✓	✓	✓
HBA1C (Glycosylated Haemoglobin)	✓	✓	✓	✓
Lipid Profile	✓	✓	✓	✓
Renal Profile	✓	✓	✓	✓
Liver Profile	✓	✓	✓	✓
Thyroid Profile 3	✓	✓	✓	✓
ESR - Erythrocyte Sedimentation Rate	✓	✓	✓	✓
UFR - Urine Full Report	✓	✓	✓	✓
Stool for Occult Blood	✓	✓	✓	✓
Chest x-Ray with Report (Once in 3 yrs)	✓	✓	✓	✓
ECG - Electrocardiogram	✓	✓	✓	✓
Echocardiogram	✓	✓	✓	✓
TMT - Stress Test (Male & Female)	✓	✓	✓	✓
Ultrasound Scan of Abdomen and Pelvis	✓	✓	✓	✓
Eye Assessment	✓	✓	✓	✓
Lung Function Test	✓	✓	✓	✓
Mammogram above 40 yrs				✓
Breast Scan below 40 yrs			✓	
Full Medical Examination and Report	✓	✓	✓	✓

Optional Tests				
Dexa Scan (Male & Female)	✓	✓	✓	✓
Vitamin D Assay (Male & Female)			✓	✓
PSA (Male)		✓		
CA125 (Female)			✓	✓
Pap Smear (Female)			✓	✓
HPV (Female)			✓	✓
EEG (Male & Female)			✓	✓
Sleep Test (12 hours) (Male & Female)	✓	✓	✓	✓
Cosmetic Centre Assessment (Male & Female)	✓	✓	✓	✓
Consultation with Cardiologists or Endocrinologists (M&F)	✓	✓	✓	✓
Teeth Cleaning (Subgingival Scaling & Polishing with free Dental Consultation)	✓	✓	✓	✓

Male : LKR 36,500.00\*

Female below 40 Years : LKR 40,500.00\*

Female above 40 Years : LKR 44,500.00\*

\* Excluding optional tests