

WALK IN GUIDELINES

- 1) Ruby Hall Clinic Health Check department is located at 1st floor of building no. 5. We are open from Monday to Saturday from 8:00 a.m to 6:00 p.m
- 2) Health Checks are conducted on first come first serve basis.
- 3) **Employees who are sponsored by their companies should carry the authority letter** issued by the **COMPANY to RUBY HALL CLINIC.**
- 4) **You should be fasting for 12-14 hours, if blood sugar (fasting) and/or cholesterol/lipid profile is mentioned in the Health Check Package.**
- 5) **Abstain from Alcohol** at least 48 hours prior to the Health Check.
- 6) **Urine and stool samples** to be carried in clean sterilized containers or containers can be collected from the Hospital Health Check Reception counter.
- 7) The entire procedure would take anywhere between 2-4 hours depending on the tests included in the package.
- 8) People having **Sonography** in their package **should carry a bottle of water** with them
- 9) A **diabetic** person undertaking a health check should avoid taking insulin injections / anti diabetic tablets on the morning of the Health Check Up. Please carry the insulin / anti diabetic tablets to take it with Breakfast that will be provided at the Health check Cafeteria on the 2nd floor of the Health Check Center.
- 10) Please consult a doctor for stopping beta blockers atleast 48 hours if you have to undertake stress test.
- 11) Other **regular medicines** can be taken as instructed by your Doctor.
- 12) It is recommended that male patients undergoing **stress test** should **come with chest shaved.**
- 13) Please **bring all your earlier medical records and medical accessories** like glasses, hearing aid if any when you come for the Health Check.
- 14) Inform the Health Check Department in advance if you want any **additional investigations** to be done for you.
- 15) Sealed reports will be collected from the health check department of Ruby hall clinic
- 16) Evaluation with the doctor can be done between **12.30p.m and 1.30 p.m after taking an appointment.**
- 17) If it's not a company sponsored programme, bills will have to be paid by **Cash or Debit or Credit card (no surcharge)** at the beginning of the health check. No cheque payment please.

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