

Walk-in Guidelines

- Ruby Hall Clinic Health Check department is located on the 1st floor of building no. 5. We are open from **Monday to Saturday** from **8:00 a.m to 6:00 p.m**
- Health Checks are conducted on a first come first serve basis.
- **Employees who are sponsored by their companies should carry the authority letter** issued by the **COMPANY to RUBY HALL CLINIC.**
- **You should be fasting for 12-14 hours if blood sugar (fasting) and/or cholesterol/lipid profile is mentioned in the Health Check Package.**
- **Abstain from Alcohol** at least 48 hours prior to the Health Check.
- **Urine and stool samples** to be carried in clean sterilized containers or containers can be collected from the Hospital Health Check Reception counter.
- The entire procedure would take anywhere between 2-4 hours depending on the tests included in the package.
- People having **Sonography** in their package **should carry a bottle of water** with them.
- 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.
- Please consult a doctor for stopping beta-blockers at least 48 hours if you have to undertake a stress test.
- Other **regular medicines** can be taken as instructed by your Doctor.
- It is recommended that male patients undergoing a **stress test** should **come with chest shaved.**
- Please **bring all your earlier medical records and medical accessories** like glasses, hearing aid if any when you come for the Health Check.
- Inform the Health Check Department in advance if you want any **additional investigations** to be done for you.
- Sealed reports will be collected from the health check department of Ruby hall clinic
- Evaluation with the doctor can be done between **12:30 p.m and 1.30 p.m after taking an appointment.**
- If it's not a company-sponsored program, 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.