

KNOW YOUR TEST



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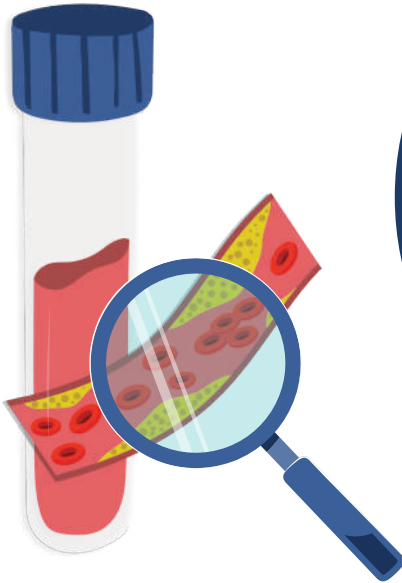


*Is your heart at risk
because of your lifestyle?*

**Lipid
Profile**

What is it for?

Predicting your risk for **heart disease** and **stroke**



What can affect test results?

- Total **cholesterol**
- **LDL** ("bad") cholesterol
- **HDL** ("good") cholesterol
- **Triglycerides**, another type of fat that causes artery hardening

How to prepare for this test?

No preparation required



*Have a family history
of diabetes?*

Blood Sugar

What is it for?

To check for signs of **diabetes**

What does it measure?

The amount of **glucose**, a type of sugar, in your blood

Random

Determines whether a person is likely to develop **diabetes**.

Postprandial

Postprandial means “**sugar after a meal**”. Determines how the body is able to manage **glucose** after a meal.

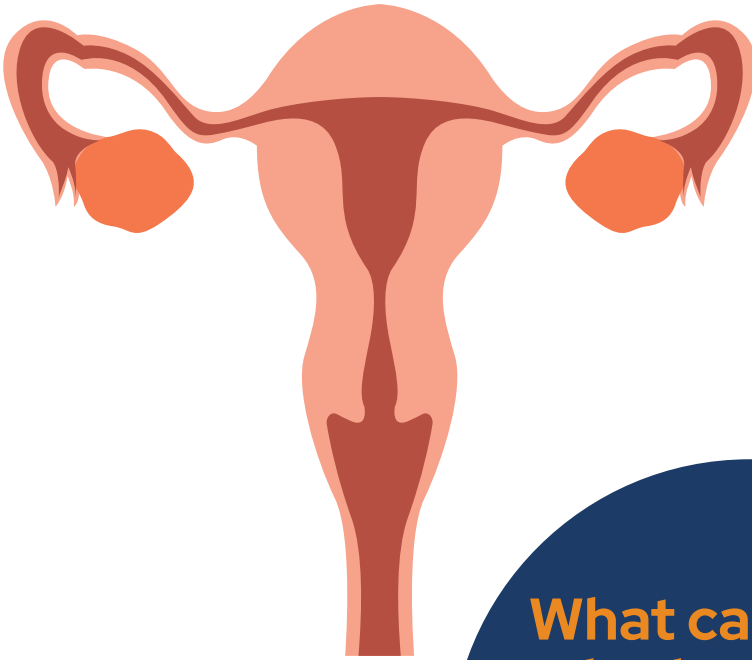
Fasting

Determines **blood sugar levels** after overnight fasting. It is almost always to screen for **diabetes**.

*Do you smoke,
have a weakened
immune system, or
have been sexually active
before the age of 18?*



Pap Smear



What can affect test results?

Having sexual **intercourse**, **douching**, or using **spermicidal products** the day before the test can interfere with the results

How to prepare for this test?

Stay calm and **take deep breaths** during the procedure.
Reschedule the test **if you are menstruating**

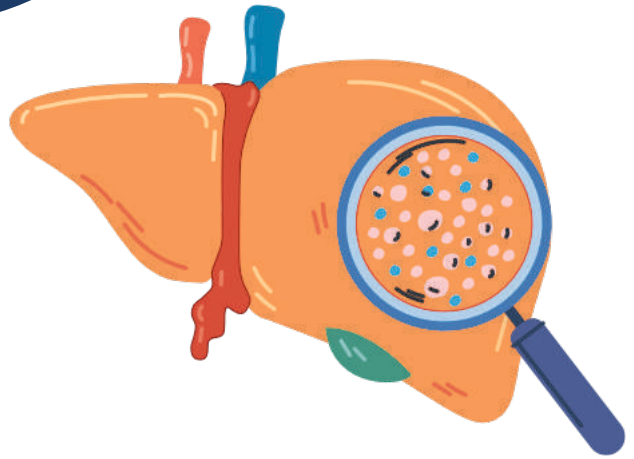


*Too many
Drink buddies?*

**Liver
Function
Test**

What is it for?

To check the general health of the liver and to screen for **Hepatitis** and other potential liver diseases such as **fatty liver disease, liver cancer**, etc.



How to prepare for this test?

Your doctor may ask you to avoid certain medications and foods or may ask you to **avoid eating anything** for a period of time **before the test**



*Something Thyroid
bothering you?*

**Thyroid
Function
Test (TFT)**



What is it for?

To check for levels of **thyroid hormones** – if they are too **high (hyperthyroidism)** or too **low (hypothyroidism)** and the underlying cause

What can affect test results?

Certain medications can affect **TFT**. **Estrogen**, such as in **birth control pills** and **Biotin**, a commonly taken over the counter pill

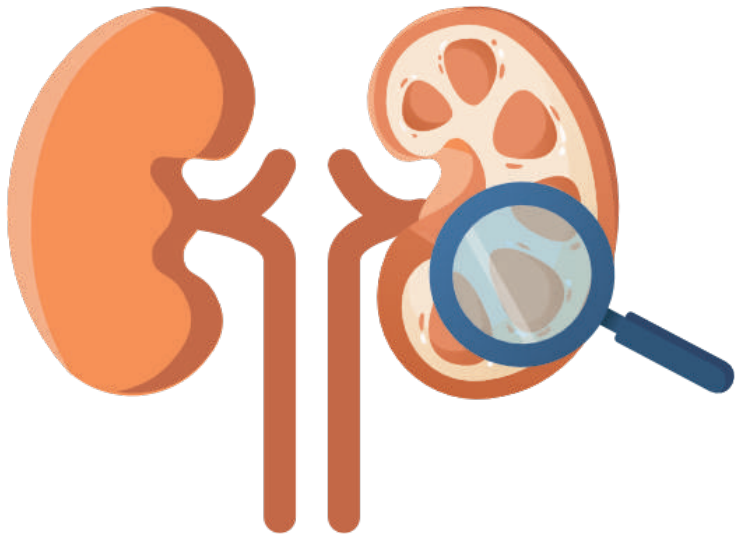


*You have Diabetes or
High Blood Pressure?*

**Renal
Function
Test (RFT)**

What is it for?

To detect any abnormalities that need attention or as an early screening test for people suffering from **high blood pressure** and **diabetes**



How to prepare for this test?

No preparation required



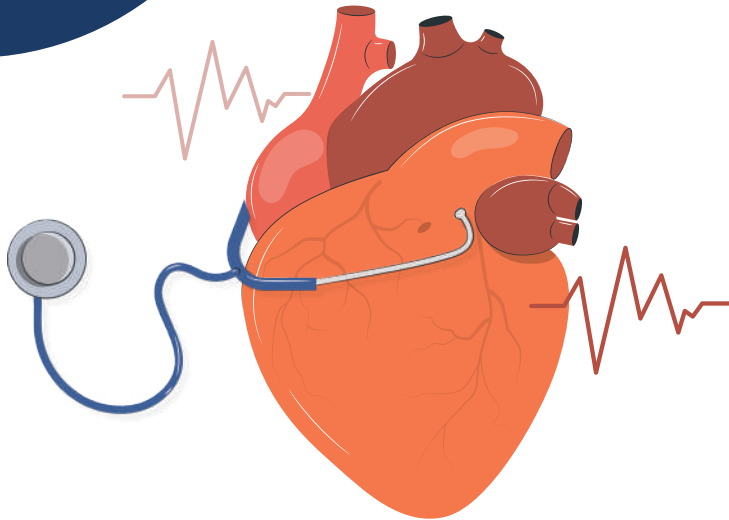
*Too much smoking, alcohol?
Too little exercise?*



**Electro-
CardioGram
(ECG)**

What is it for?

To look for signs for **heart-related conditions** such as irregular heartbeats and to evaluate the **overall health of the heart**



How to prepare for this test?

Generally, **fasting is not required** for this test.

Inform your doctor of all medicines and supplements you are taking.



*How much sugar
Is your body retaining?*

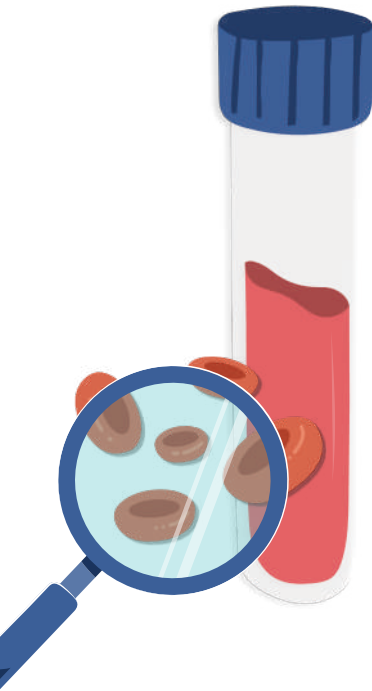
**Haemo-
globin
A1C (HBA1C)
Test**

What is it for?

Used to screen or test for **Type 2 diabetes** and **prediabetes**. If your body isn't making enough insulin or your cells aren't using it well, then the glucose in your blood sticks to haemoglobin.

What can affect test results?

If you have any other type of **blood disorder** or a condition that affects your **red blood cells** this test may not be accurate for diagnosing diabetes.



How to prepare for this test?

No preparation required

Master Checkup Packages

Velan **Primary** - **61** parameters test

Velan **Comprehensive** - **73** parameters test

Velan **Women** - **62** parameters test

Velan **Cardiac Safe** - **28** parameters test



To know more

<https://velanhospitals.com/master-checkup-packages>



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