

## Executive Package Wellness Program for Inpatient

<p>FEATURES OF PROGRAM B:</p> <ul style="list-style-type: none"> <li>• Private Room B (Overnight)</li> <li>• Admission Kit</li> <li>• Complete History and PE</li> <li>• Nutritional Advice</li> </ul>	<p>XRAY STUDIES</p> <ul style="list-style-type: none"> <li>• Chest Xray (PA &amp; Lateral)</li> <li>• Mammography ( for Female)</li> <li>• (with Breast Ultrasound if needed)</li> </ul>	<p>ULTRASONIC EXAMINATIONS</p> <ul style="list-style-type: none"> <li>• Whole Abdomen Utz</li> <li>• Prostate</li> <li>• Transrectal(Single) or *</li> <li>• Tranvaginal (Married)*</li> <li>• ( For Female)*</li> </ul>	<p>DOCTOR'S CLEARANCE AND WORK UP</p> <ul style="list-style-type: none"> <li>• Urologic / Gynecological</li> <li>• Cardiac</li> <li>• Pulmonary</li> <li>• Ophthalmologist</li> <li>• ENT</li> </ul>	<p>LABORATORY STUDIES</p> <p>Hematology</p> <ul style="list-style-type: none"> <li>• Complete Blood Count</li> </ul> <p>Chemistry</p> <ul style="list-style-type: none"> <li>• Blood Chemistry</li> <li>• Fasting Blood Sugar(FBS)</li> <li>• Creatinine</li> <li>• Blood Uric Acid</li> <li>• Cholesterol</li> <li>• Blood Urea Nitrogen</li> <li>• Triglycerides</li> <li>• HDL</li> </ul> <p>Serology</p> <p>Hepatitis Screening</p> <ul style="list-style-type: none"> <li>• HbsAG</li> <li>• Anti-HBC(Total)</li> </ul> <p>PSA(for Male)</p> <p>Microscopy</p> <p>Urinalysis</p> <p>Routine Stool</p> <ul style="list-style-type: none"> <li>• Ova &amp; Parasites</li> <li>• Amoeba</li> </ul> <p>LDL /VLDL</p> <p>SGOT/AST</p> <p>SGPT / ALT</p> <p>Total Bilirubin</p> <p>Alkaline Phosphatase(ALP)</p> <p>Total Protein(TPAG)</p>
<p>ENDOSCOPY EXAMINATION</p> <ul style="list-style-type: none"> <li>• Gastroscopy</li> <li>• Colonoscopy</li> </ul>	<p>CARDIAC EXAMINATIONS</p> <ul style="list-style-type: none"> <li>• Resting Electrocardiogram (ECG)</li> <li>• Stress Test</li> </ul>	<p>PULMONARY EXAMINATIONS</p> <ul style="list-style-type: none"> <li>• Spirometry(Simple PFT)</li> </ul>		

### PATIENT'S PREPARATION

\* 12 Hour Fasting (No Meal and Liquid Intake)

\* Do not take the following for 3 days before check- up - Red meat, any dark colored food, Vitamin C, Ferrous Sulfate

\*Strictly no smoking, neither eating nor drinking after your last meal the night before chemistry examination

\*Avoid also any physical or strenuous exercise.

\*Discontinue taking the following drugs after your last meal until blood extraction: oral contraceptives, thiazide diuretics, salicylates, insulin and oral anti-diabetic drugs

### FOR INQUIRY:

**SACRED HEART MEDICAL CENTER**  
**HMO SECTION**  
 LOCATED AT SHMC LOBBY  
 624-5606 TO 10 EXT 120

**OFFICE SCHEDULE**  
 M-F - 7:00AM TO 7:00PM  
 S- 7:00 AM TO 4:00PM  
 HOLIDAY – 7:00 AM TO 4:00PM

**CONTACT NUMBER**  
 624-5606 TO 10 EXT. 120  
 624-5611 – DIRECT LINE/FAX MACHINE