



डा. इवामुरा मेमोरियल अस्पताल
सल्लाघारी, मक्तपुर १७ तथा अनुसन्धान केन्द्र

Health Check-up Plan Details

Executive Health Plan (EHP)

LAB DEPARTMENT

(Tick When Done)

(Time)

☐

Blood Sugar (Fasting)

Morning empty stomach

8-10 Hrs fasting

☐

Blood Sugar (PP)

2 Hrs after lunch

☐

Sodium

Anytime

☐

Potassium

Anytime

☐

Lipid Profile

Morning empty stomach

8-10 Hrs fasting

☐

Uric Acid

Anytime

☐

Urea

Anytime

☐

Creatinine

Anytime

☐

LFT

Anytime

☐

CBC (Hematology Profile)

Anytime

☐

ESR

Anytime

☐

Urine Routine

Anytime

Block B

Room Number 12

EMERGENCY DEPARTMENT

Emergency

☐

Electrocardiogram (ECG)

Anytime

X-RAY DEPARTMENT

Room Number 6, OPD

☐

Chest X-Ray

Anytime

RADIOLOGY ROOM

Room Number 8, OPD

☐

Tread Mill Test (TMT)

☐

Echocardiogram (ECHO)

☐

Ultrasound (USG)

OPD ROOM

☐

Doctor Consultation

OPD Time