

## Check-up Program Information

Thank you for choosing Koç Healthcare for your medical care.

We know your time is valuable and our providers will make every effort to see you at your scheduled time. Please be aware that if you arrive more than 15 minutes late, we may have to reschedule your appointment. Please plan ahead to allow time for traffic and parking.

Depending on the scope of your visit, please allow 1-1 ½ hours for your evaluation. If you cannot attend your appointment, it is very important that you notify us at least 24-48 hours in advance, as we have allocated a specific period of time to you.

Our main check-up program will last approximately 4-5 hours while our extended check-up program will last approximately 7-8 hours.

To be accurate, lab tests are carried while you are in a fasting state. No food or beverage is allowed for 12 hours prior to your appointment. However, if you have selected our main check-up program, you may drink water, as this facilitates the blood draw process.

If you have a special diet or allergies, you may bring a light breakfast with you to eat after your tests are completed. Otherwise your breakfast will be provided by us.

**Diabetics:** Continue taking your usual medications on schedule. Be sure to inform the nurse in case you are diabetic prior to any test.

**Dress:** Wear a shirt/blouse that has sleeves that roll up easily for blood drawing. Be sure to wear comfortable running shoes (e.g. flat, tennis, or jogging type) for the treadmill test. Ladies should wear a sports bra or a wireless bra and a blouse which opens in the front. Avoid any lotion above the waist.

If you have any, please ensure to bring your previous test results (mammogram, laboratory, radiological tests etc.) performed within 6 months.

**Medications:** Continue taking your usual medications on schedule. Do not, however, consume fruit juice, milk or liquids other than water with the medications.

**Follow-up Appointment:** After your initial appointment, which focuses on assessment, your follow-up appointment will be organized by our team.

If you have insurance, please ensure to obtain a Guarantee of Payment letter from your insurance provider prior to the above mentioned appointment. Also, please come prepared to pay your co-pay as specified by your insurance company. We accept Visa, MasterCard and cash.

Best regards,

**International Patient Program Team**

## Main Check-Up Packages

<b>MAIN -40 MALE</b>	<b>MAIN +40 MALE</b>
<b>EXAMINATIONS</b>	
General Examination	General Examination
Dietitian Examination	Dietitian Examination
<b>IMAGING AND OTHER TESTS</b>	<b>IMAGING AND OTHER TESTS</b>
Treadmill	Treadmill
Abdominal Ultrasonography	Abdominal Ultrasonography
Chest X-Ray	Chest X-Ray
<b>LABORATORY TESTS</b>	<b>LABORATORY TESTS</b>
Complete Blood Count	Complete Blood Count
Complete Urine Analysis	Complete Urine Analysis
Fecal Occult Blood	Fecal Occult Blood
Vitamin D	Vitamin D
Total Cholesterol	Total Cholesterol
Creatinine	Creatinine
Vitamin B12	Vitamin B12
Folic Acid	Folic Acid
Fasting Blood Sugar	Fasting Blood Sugar
Gamma-GT	Gamma-GT
HbA1c	HbA1c
Insulin	Insulin
LDH	LDH
HDL Cholesterol	HDL Cholesterol
VLDL Cholesterol	VLDL Cholesterol
Alkaline Phosphatase (AP)	Alkaline Phosphatase (AP)
Thyroid Stimulating Hormone (TSH)	Thyroid Stimulating Hormone (TSH)
SGPT (ALT)	SGPT (ALT)
Triglycerides	Triglycerides
Uric Acid	Uric Acid
Leucocyte Formula	Leucocyte Formula
C-Reactive Protein	C-Reactive Protein
LDL, Cholesterol	LDL, Cholesterol
AST	AST
Blood Urea Nitrogen (BUN)	Blood Urea Nitrogen (BUN)
	Prostate Specific Antigen (PSA)
	Prostate Specific Antigen, Free

MAIN -40 FEMALE	MAIN +40 FEMALE
EXAMINATIONS	EXAMINATIONS
General Examination	General Examination
Dietitian Examination	Dietitian Examination
IMAGING AND OTHER TESTS	IMAGING AND OTHER TESTS
Treadmill	Treadmill
Abdominal Ultrasonography	Abdominal Ultrasonography
Chest X-Ray	Chest X-Ray
Breast Ultrasonography (Bilateral)	Breast Ultrasonography (Bilateral)
	Mammography
LABORATORY TESTS	LABORATORY TESTS
Complete Blood Count	Complete Blood Count
Complete Urine Analysis	Complete Urine Analysis
Fecal Occult Blood	Fecal Occult Blood
Vitamin D	Vitamin D
Total Cholesterol	Total Cholesterol
Creatinine	Creatinine
Vitamin B12	Vitamin B12
Folic Acid	Folic Acid
Fasting Blood Sugar	Fasting Blood Sugar
Gamma-GT	Gamma-GT
HbA1c	HbA1c
Insulin	Insulin
LDH	LDH
HDL Cholesterol	HDL Cholesterol
VLDL Cholesterol	VLDL Cholesterol
Alkaline Phosphatase (AP)	Alkaline Phosphatase (AP)
Thyroid Stimulating Hormone (TSH)	Thyroid Stimulating Hormone (TSH)
SGPT (ALT)	SGPT (ALT)
Triglycerides	Triglycerides
Uric Acid	Uric Acid
Leucocyte Formula	Leucocyte Formula
C-Reactive Protein	C-Reactive Protein
LDL, Cholesterol	LDL, Cholesterol
AST	AST
Blood Urea Nitrogen (BUN)	Blood Urea Nitrogen (BUN)

## Extended Check-Up Packages

<b>EXTENDED +45 FEMALE</b>	<b>EXTENDED +45 MALE</b>
<b>EXAMINATIONS</b>	<b>EXAMINATIONS</b>
General Examination	General Examination
Dietitian Examination	Dietitian Examination
Ear, Nose & Throat Examination	Ear, Nose & Throat Examination
Eye Examination	Eye Examination
Cardiology Examination	Cardiology Examination
Dermatology Examination	Dermatology Examination
Endocrinology Examination	Endocrinology Examination
Gynecological Examination	Urology Examination
<b>IMAGING AND OTHER TESTS</b>	<b>IMAGING AND OTHER TESTS</b>
Echocardiography	Echocardiography
Coronary CT Angiography	Coronary CT Angiography
Breast Ultrasonography, Mammography	Thyroid Ultrasonography
Thyroid Ultrasonography	Abdominal Ultrasonography
Abdominal Ultrasonography	Chest X-Ray
Chest X-Ray	Carotid Doppler
Carotid Doppler	Pure Tone Audiometry
Pure Tone Audiometer	ECG
Cervical or Vaginal Cytology	Treadmill
Regional Bone Scan	Regional Bone Scan
ECG	
Treadmill	
<b>LABORATORY TESTS</b>	<b>LABORATORY TESTS</b>
Complete Blood Count	Complete Blood Count
Na (Sodium)	Na (Sodium)
Complete Urine Analysis	Testosterone, Free
Albumin	Testosterone, Total
Lipoprotein	Complete Urine Analysis
Bilirubin, Total	Albumin
Bilirubin, Direct	Lipoprotein
Faecal Occult Blood	Bilirubin, Total
Vitamin D	Bilirubin, Direct
Calcium	Fecal Occult Blood
Cl (Chloride)	Vitamin D
Total Cholesterol	Calcium
Creatine Kinase (CK)	Cl (Chloride)
Creatinine	Cholesterol
Vitamin B12	Creatine Kinase (CK)
Ferritin	Creatinine
Folic Acid	Vitamin B12
IgE, Total	Dehydroepiandrosterone Sulfate
	Ferritin

Fasting Blood Sugar	IgE, Total
Gamma-GT	Fasting Blood Sugar
HbA1c	Gamma-GT
Homocysteine	HbA1c
Insulin	Homocysteine
LDH	Insulin
Lipase	LDH
HDL Cholesterol	Lipase
VLDL Cholesterol	HDL Cholesterol
Alkaline Phosphatase (AP)	VLDL Cholesterol
Beta CTX	Alkaline Phosphatase (AP)
Phosphor	Beta CTX
Potassium	Phosphor
Thyroxine, free	Potassium
Thyroid Stimulating Hormon (TSH)	Prolactin
SGPT (ALT)	Thyroxine, Free
Triglycerides	Thyroid Stimulating Hormon (TSH)
Triiodothyronine	SGPT (ALT)
Blood Urea Nitrogen (BUN)	Triglycerides
Uric Acid	Triiodothyronine
Leucocyte Formula	Blood Urea Nitrogen (BUN)
Syphilis Serology (TP)	Uric Acid
Anti HIV	Leucocyte Formula
Anti HBS	Syphilis Serology (TP)
Anti HCV	Anti HIV
HBsAg	Anti HBS
Amylase (Alpha Amylase)	Anti HCV
CRP	HBsAg
Protein, Total	Amylase (Alpha Amylase)
Anti TG	CRP
Anti-Thyroid Peroxidase Antibody (Anti TPO)	Protein, Total
LDL, Cholesterol	Anti TG
PTH (Parathyroid hormone)	Anti-Thyroid Peroxidase Antibody (Anti TPO)
AST	Ldl, Cholesterol
Vitamin H (Biotin)	PTH (Parathyroid Hormone)
	Vitamin H (Biotin)
	AST
	Prostate Specific Antigen, Free
	Prostate Specific Antigen (PSA)
	Folic Acid

## Additional Panels

<b>ERECTILE DYSFUNCTION PANEL</b>	Urology Examination Testosteron, Free Testosteron, Total Dehidroepiandrosteron Sulfate Prolactin	<b>HEART DISEASES PANEL</b>	Coronary Calcium Score Lipoprotein Intima Media Thickness Measurement Homocysteine
<b>SMOKING PANEL</b>	Flow Volume Thorax CT Nuclear Matrix Protein	<b>DERMATOLOGY PANEL</b>	Dermatology Examination
<b>INFECTIOUS DISEASES PANEL</b>	Syphilis Serology Anti HIV Anti HBS Anti HCV HBsAg	<b>OSTEOPOROSIS PANEL</b>	Calcium Phosphor Beta CrossLaps Parathyroid Hormone Regional Bone Scan
<b>THYROID PANEL</b>	Thyroid Ultrasonography Thyroxine Triiodothyronine Antithyroglobulin Antithyroid Peroxidase	<b>GYNAECOLOGICAL PANEL</b>	Gynecological Examination Servical or Vaginal Cytology
<b>ALLERGY PANEL</b>	Allergy Examination IgE, Total Eosinophil Cationic Protein Phadiatop Nutrition Products Mix	<b>SLEEP PANEL</b>	Ear, Nose & Throat Examination Sleeping Examination Sleeping Room Polysomnography (Sleep Study)