

- HbA1C
- Lipid profile
- ECG
- Blood urea
- Urine microalbuminuria
- Foot examination
- Leg examination
- Patient family education
- Medical Nutritional Therapy (MNT)
- Life Style Modification (LSM)
- SMBG / Insulin delivery training

Final Assessment Report by Diabetologist

MUHIMBILI OBS AND GYN HEALTH CHECK Tsh 171,000

Lab investigations

- **Haematology** Hb, FBP with Differential Count, urine analysis
 - **UPT**
 - **Histopathology:** Pap Smear
 - **Gynaec examination**
- Ultrasound (pelvic screening)

Breast examination

Clinical examination and Consultation by gynaecologist

Eye Check:

Tsh 70,000/=

Visual acuity,

Eye pressure, Fundoscopy

Examination & consultations by:

- Eye specialist

MUHIMBILI CHILD HEALTH CHECK

Tsh 63,000/=

(Empty stomach is not required)

Lab investigations

Bood grouping and RH typing, FBP, Urinalysis and

Radiology Investigation

Chest X ray

- Anthropometric measurements (Weight, height, occipital frontal circumference, waist circumference)
- Assessment of developmental mile stones
- Immunization status

Dental check

Tsh 87,000/-

- Oral dental examination
- Cleaning of teeth
- Taking impression for missing teeth
- Dental X-ray/OPG
- Simple filling
- Simple extractions
- Dental health education
- Refer cases

ENT check

Tsh 175,000/=

- Audio logical checkup/screening
- Otological cleaning/wax removal
- ENT health education



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MUHIMBILI HEALTH CHECKS

MUHIMBILI HEALTH CHECKS

Muhimbili National Hospital (MNH) a pioneer in Healthcare has roped in preventive medicine because preventions is better than cure

Why Health Check?

Muhimbili health Check offer's you following comprehensive packages especially designed to suit your individual needs. It not only assesses your present health status, but also screens you for any risk factor's and thus helps you to take valuable steps to prevent or cure any further major illness. Hence, Muhimbili Health Check includes clinical assessment and specialized consultation with a comprehensive medical summary card.

Instructions to undergo Health Check.

- Kindly take prior appointment
- Please ensure your are on complete fasting for 12 hours prior to check
- Do not take any medications, alcohol, cigarettes, tobacco or any other liquid (except water) in the morning.
- Bring a stool sample in a container if possible (Containers are available at the MNH laboratory)
- Please bring all your medical prescriptions and previous medical records with you.
- Please wear two piece loose comfortable clothes and sports shoes, if possible
- Kindly inform the MNH reception in case you have a history of Diabetic or Cardiac problems.

For Women

- Pregnant women or those suspecting pregnancy are advised not to undergo any X-Ray test
- It is advisable not to undergo any Health Check during your menstrual cycle

MUHIMBILI MASTER HEALTH CHECK

Tsh 193,000

Lab investigations

- **Haematology:** FBP with Differential Count, ESR.
- Urine analysis & Stool Examination.
- **Histopathology:** Pap Smear
- **PSA**
- **Biochemistry;** Creatinine, Uric acid, Lipid Profile (Total cholesterol, HDL cholesterol, LDL cholesterol, Triglycerides, Liver Function Test, ALT, FBG
- **Microbiology:** Test for AIDS,
- **Blood Bank:** Blood grouping – Rh typing

Cardiology investi ECG

Radiology Investig

- X-Ray (chest),
- Breast ultrasound

Examination & consultations by

- Consultant Internal Medicine

MUHIMBILI EXECUTIVE HEALTH CHECK

Tsh 397,000/

Lab investigations

- **Haemoology:** FBP with Differential Count ESR, urine analysis & Stool examination.
- Histopathology: Pap Smear
- PSA
- MAMOGRAPHY
- Biochemistry: GTT, Creatinine, Uric acid, Lipid Profile (Total cholesterol, HDL Liver Function Test (Total protein, Albumin,

Globulin,ALT,AST), Serum Calcium.

- Microbiology: Test for AIDS,Test for HbsAG
- Blood Bank: Blood grouping – Rh typing

Radiology Investigations

- EGG (Resting), Stress Test (TMT), 2D ECHO

Radiology Investigations

- X-Ray (chest), Ultrasound (upper abdomen screening)

Examination & Consultations by

- Consultant Cardiologist

MUHIMBILI HEART CHECK, Tsh 233,000/

Lab investigations

- Haematology: FBP with Differential Count, ESR,
- Biochemistry: Creatinine, Lipid Profile (Total cholesterol, HDL cholesterol, LDL cholesterol, Triglycerides,

Cardiology Investigations

- EGG (Resting)
- Stress Test (TMT), 2D ECHO

Radiology Investigations

- X-Ray (chest),
- Eye check

Fundoscopy

Examination & consultations by

- Consultant cardiologist

MUHIMBILI DIABETIC CHECK Tsh ! 90,000/

The Muhimbili Diabetic Test is a comprehensive package designed especially for Diabetes patient. The package aims not only in identifying the complications related to diabetes, at the earliest stage, offering the best chance to limit their progress, includes

Day 0

- Fasting blood glucose
- Post prandial blood glucose (OGTT)
- Urinalysis