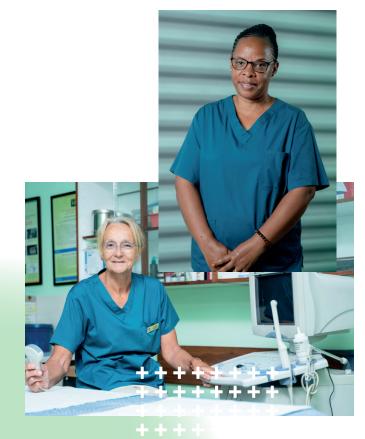
Preconception health check for 150 USD

- Detailed consultation
- Physical examination
- Laboratory examination*
- Full blood count
- Blood group & Rhesus factor
- Glucose fasting
- PAP smear
- Follow-up consultation with personalized preconception advise

Fertility screening for 340 USD

- Detailed consultation
- Physical examination
- Laboratory examination*
 - Full blood count
 - Blood group & Rhesus factor
 - Fasting glucose
 - Female hormones levels (FSH**, LH, progesterone**, prolactin)
 - Thyroid function test (TSH)
 - Egg reserve test (Anti-Mullerian Hormone test)
- Transvaginal ultrasound
- Preconception advise
- Personalized approach
- Follow-up consultation to discuss results

** at specific time during menstrual cycle

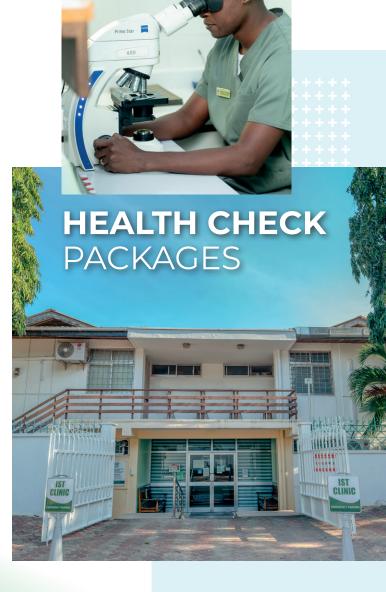


IST CLINIC

A fully equipped primary health care clinic,

and has been providing reliable, high quality patient-centered health care for >25 years in Dar-es-Salaam







Basic health check for 130 USD

- Detailed consultation
- Physical examination
- BMI and waist circumference check
- Blood pressure assessment
- Laboratory examination*
 - Urine routine
 - Glucose fasting
 - Full blood picture
 - Lipid profile (TC, HDL, LDL, triglycerides)
 - Liver profile (GGT, AST, ALT)
 - Creatinine kidney test
- Electrocardiogram (ECG)
- Follow-up consultation to discuss results

* Please discuss with your doctor if additional tests are required.

Senior (extensive) health check for 350 USD

- Extensive consultation
- Physical examination
- BMI and waist circumference check
- Blood pressure assessment
- Laboratory examination*
 - Urine routine
 - Stool analysis
 - Stool occult blood
 - Glucose fasting + HbA1c
 - Full blood picture + ESR
 - Lipid profile (TC, HDL, LDL, triglycerides)
 - Liver profile (AST, ALT, GGT, total bilirubin)
 - Kidney function (creatinine, urea)
 - · Electrolytes (sodium, potassium, chloride)
 - Thyroid function test (TSH, free T4)
 - Uric acid
 - For males: PSA test (prostate cancer screening)
 - For females: PAP smear (cervical cancer screening)
- Electrocardiogram (ECG)
- Vision test
- Hearing test
- to discuss results
- Follow-up consultation

Please do not eat and drink (except plain water) for at least 8 hours prior to the check-up.

We advise you to bring your prescribed medication to the appointment.

STD (sexual transmitted disease) check for 130 USD

- Detailed consultation
- Physical examination
- Laboratory examination*
 - Urine analysis
 - HIV, syphilis (RPR), hepatitis B (Hbs Ag)
- Chlamydia antigen test (for males: urethral or urine swab: for females: vaginal swab)
- For males: urethral swab (microscopy and gram stain)
- For females: vaginal swab (microscopy and gram stain)
- Personalized approach
- Sexual health education
- Follow-up consultation to discuss results

Menopause health check for 200 USD

- Detailed consultation
- Physical examination (including breast examination)
- Laboratory examination*
 - Female hormones. (FSH and estradiol)
 - Thyroid function test (TSH)
 - PAP smear
- Personalized approach
- Follow-up consultation & discussion treatment options
- Menopause treatment information leaflet







Open to everyone

(many local and international insurances accepted)

24/7 open for emergencies

Opening hours consultation (including lab services):

Monday - Friday 8 AM - 6 PM

Saturday 8 AM - 4 PM

Sunday 11 AM - 1 PM

Reception numbers: +255 684 783392 / +255 688 783391

+255 718 783393 / +255 784 783393

Emergency contact: +255 754 783393 / +255 782 783393

Q Ruvu Street, Msasani Peninsula, Dar es Salaam (behind International School of Tanganyika, Masaki Campus)