

### 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



## HEALTH CHECK PACKAGES



 **IST CLINIC**

### 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

### 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
- Follow-up consultation to discuss results

### 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

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

**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.**



# IST CLINIC



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

📍 **Ruvu Street, Msasani Peninsula, Dar es Salaam**  
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