



Mars packages

Appointment Preparation Guidelines

Booking your appointment

- When booking any of the Mars packages, you will be required to state if you prefer a **home visit or clinic appointment**.
- State if you have or are receiving treatment for any chronic medical conditions.
- When booking is confirmed, a small package will be delivered to you ahead of the appointment date which will include two sterile containers for a urine and stool sample.
- Scans & X-rays will be scheduled either at your appointment clinic, or at a recommended imaging facility nearest your home.

Dos & Don'ts before your appointment

- Some of the blood tests in the package require that you **fast (do not eat or drink any food or beverage) for 10-12 hours prior to sample collection**. Within that period, you are allowed to drink water and/or take any medication taken without or before meals.
- Do not take any **alcoholic or caffeinated food or beverages** e.g. regular coffee, soda and energy drinks for **at least 24 hours** prior to sample collection.
- Put together any past or recent medical reports, lab test results, and a list of all your current medication.

Collecting and storing your samples

- Take a **midstream sample of your first morning urine on the day of your appointment**. Steps for urine sample collection:
 1. **Clean** the area: Wipe clean and dry the head of the penis.
 2. **Collect** midstream: Allow a small amount of urine to pass first and then stop the flow. Then collect a sample of urine into the sterile container until about half full.
 3. **Cover** securely: Ensure that the screw cap of the container is rightly applied and screwed tightly to prevent spillage. Then put the sample in the collection bag and keep in a clean, dry place at room temperature.
- You may take your **stool sample any time between the evening before and the morning of your appointment**. If you do take the sample more than 2 hours before your appointment, you should keep it cold or refrigerated until you submit it. Steps for stool sample collection:
 4. Ensure that neither your stool nor the sterile container comes in contact with urine or toilet water.
 5. A clean disposable bowl may be used to collect the stool before transferring about two teaspoons into the container with the spatula.
 6. **Carry** your samples: For home visits, your doctor will take the samples from you on arrival. For a clinic appointment, remember to take the samples along with you.

What to expect at the appointment

- The visit should last about **45 minutes** to an hour.
- Your medical doctor will ask several questions for a detailed medical history and perform a thorough physical examination.
- After the examination, you will be set up for an Electrocardiogram.
- Blood samples will be taken, and your collected urine and stool samples will be received.
- The package includes a free **online review** usually within 72 hours of your appointment to discuss the results of your laboratory tests and recommendations. The doctor may during the appointment or the review recommend an in-person review at a later date.
- You will receive your laboratory results and other reports electronically.

Special considerations for home visits

- **Conductive workspace:** Your doctor will require a table or other surface for equipment and other items. Some parts of the examination will require you lay flat on your back on a bed or couch. Bedrooms and living rooms are ideal.
- **Water for handwashing and sanitation:** For you and your doctor's hygiene and safety, kindly make available some water along with handwashing soap and towels.
- **Safety and Privacy:** Ensure that the workspace provides you and your doctor with enough privacy and safety. Inform your doctor if you are comfortable with other individuals being present during your session. If you would like to have a relative present during your examination, please make that arrangement beforehand.