The Perfect Gift package

Appointment Preparation Guidelines

Booking your appointment

- When booking The Perfect Gift package, 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 a sterile container for a urine sample.

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

- You will receive a sterile container in a sample collection bag prior to your appointment. This is for you to take a **midstream sample of your first morning urine on the day of your appointment.**
- Steps for urine sample collection:

1. **Clean** the area: Men should wipe clean and dry the head of the penis, and women should wash the area between the labia with soap and water and dry.
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.
4. **Carry** your sample: For home visits, your doctor will take the sample from you on arrival. For a clinic appointment, remember to take the sample 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. Feel free to ask questions at any point in the discussion.
- The doctor will then perform a thorough physical examination.
- After the examination, you will be set up for an Electrocardiogram.
- Finally, blood samples will be taken, most likely from your arm, and your collected urine sample will be received.
- Your doctor may write you a prescription immediately, or give you a request for other investigations such as ultrasound scans, x-rays etc.
- 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

- **Conducive 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.
- **Chaperones:** If you would like to have a relative or trusted friend present during your examination, please make that arrangement beforehand.