



# Check-up Programs at the MEOCLINIC

## Overview

Check-up Program:	Quick	Basic	Extended
Introductory consultation	✓	✓	✓
Physical examination	✓	✓	✓
Blood test /hemoculture / urine status*	✓	✓	✓
Electrocardiography (ECG) at rest	✓	✓	✓
Ultrasound of the abdomen		✓	✓
Echocardiography		✓	✓
Intima-media thickness		✓	✓
Ergometry		✓	✓
PFT (Small lung function test)		✓	✓
Chest X-ray			✓
Consultation with gynaecologist or urologist			✓
Colonoscopy or Sigmoidoscopy			✓
Final consultation (assessment and recommendations)	✓	✓	✓

## Additional modules for the check-up program (optional)

- Anaesthesiology (full anaesthesia for colonoscopy)
- Cardiology
- Chest X-ray
- Colonoscopy
- Dermatology
- Dental medicine
- Dental prophylaxis
- Dietary consultation
- Duplex investigation of carotid arteries (arteries supplying the brain)
- Ear Nose Throat
- Endocrinology
- Gastroenterology
- Gastroscopy
- General surgery
- Gynaecology
- Hand surgery
- Implantology
- Infectiology
- Internal medicine
- Intima media thickness
- Neurology/psychiatry
- Neurosurgery
- Oncology
- Oral and maxillofacial surgery
- Ophthalmology
- Orthopaedy and Sports medicine
- Paradontology
- Proctology
- Pulmonology
- Rheumatology
- Shoulder and Elbow surgery
- Sigmoidoscopy
- Skin cancer screening
- Sleep laboratory
- Spinal surgery
- Urology
- Vascular surgery

\* Every check-up program includes a laboratory test of the samples (quick, short lab, basic and expanded and full lab).  
Note: Come fasting when giving blood is to be taken.

## Good to know

### Private health insurance:

As a private clinic, the facilities at the MEOCLINIC are open to all privately insured and self-paying patients. You are welcome to avail of any of our services, whether for a consultation, a screening, a special examination or for comprehensive surgical treatment.

### Companies package:

The MEOCLINIC offers an Executive check-up package within the context of company health programs or incentive programs.

## Glossary

**Colonoscopy:** Examination of the complete large intestine and parts of the small intestine.

- In preparation for this investigation, the large intestine must be completely voided (purgative measures on the previous day)
- The patient may be sedated either by a short acting anesthetic or a sedative

**EGD (Esophago-Gastro-Duodenoscopy/Gastroscopy):** Examination of the esophagus, stomach and duodenum

- Sedative administered prior to the examination

**Sigmoidoscopy:** Examination of the last part of the colon/large intestine

- An enema is sufficient preparation for this examination
- Sedative administered prior to the examination

**Hemoculture:** Stool analysis for microscopic blood

**Echo cardiography:** Ultrasound examination of the heart

**Ergometry:** Stress test to examine the cardiovascular system using a stationary exercise bike