

kings
HOSPITAL
COLOMBO

Wellness Centre

- It's never too late to start living well -



Our Service Moto

To enrich the lives that matter to us for a thriving and sustainable existence whilst breaking away from the mainstream trends.

“Our setting is local, our holistic treatments are imperial”



Greetings and Welcome to the “STAY HEALTHY” program

Preventive Health Care is the use of recognized proactive health screening for the prevention and early detection of any health issue. Often people have hidden ailments which can later manifest as a more serious condition and in certain cases, too late to remedy.

“Good health is wealth, prevention is better than cure!”

We offer;

- A range of well-designed health screening packages for all ages.
- A personalized service by well-trained medical and paramedical teams.
- All packages include an assessment by an experienced Medical Officer.
- Comprehensive packages include a consultation with a physician.
- A smooth and efficient passage through all areas of the program.
- Your consultation with the Physician will be arranged at your convenience.
- Appointments can be made by contacting the Wellness Centre
- You may also walk in for screening provided you have been fasting for 12 hours.
- Complimentary refreshments.

How should I be prepared for the health screening?

- Mandatory 12 hours of fasting.
- Withhold all your medication on the day prior to screening and bring it with you.
- Wear comfortable clothing for the treadmill test. (Exercise ECG)
- Carry all previous medical records
- Please bring in a sample of stools for specified packages. You may collect a container from the Centre before hand.
- The duration of the tests will range from 2 to 6 hours depending on the package chosen.



Basic Health Screening

Ideal for those without any known illnesses. This package offers a list of basic tests before getting on to more specific and detailed investigations.

Medical Assessment

Pre health screening questionnaire
Medical history & examination
Complete eye evaluation

Laboratory Testing

FBC
Blood group
ESR
ALT/SGPT
AST/SGOT
FBS
TSH
Serum Electrolytes
Serum Creatinine
UFR
Stool FR

Cardiac Investigations

ECG
Evaluation of reports and counseling



Enhanced Health Screening

For those who would like to know a bit more than a basic health check up.

Medical Assessment

Pre health screening questionnaire
Medical history & examination
Complete eye evaluation

Laboratory Testing

FBC
FBS
HbA1c
ESR
Blood Group
ALT/SGPT
AST/SGOT
Lipid profile
TSH
Serum creatinine
Stool FR
UFR

Cardiac Investigations

ECG
2D Echo

Imaging

USS Abdomen
Chest X ray
Evaluation of reports and counseling



Comprehensive Health Screening

A detailed screening package ideal for individuals with risk factors or family history of illness.

Medical Assessment

Pre health screening questionnaire
Medical history & examination
Complete eye evaluation

Laboratory Testing

FBC
ESR
Blood group
Blood picture
FBS
HbA1c
Lipid profile
Renal profile
Thyroid profile
Liver profile
Rheumatoid factor
Vitamin D level
Urine for micro-albumin
UFR
Stool FR
Stool for occult blood

Cardiac Investigations

ECG
2D Echo
Exercise ECG

Imaging

Chest X ray
USS Abdomen
Mammogram (Females)
USS Breast (Females)

Special Investigations

PSA (Males)
PAP Smear (Females)
Lung function (Spirometry)
Evaluation of reports and counseling



Comprehensive Cardiac Package

Perfect range of tests to make sure you keep your heart in check.

Medical Assessment

Pre health screening questionnaire
Medical history & examination
Complete eye evaluation

Special investigations

Lung function test (Spirometry)
Evaluation of reports and counseling
Dietician review

Laboratory Testing

FBC
FBS
HbA1c
Lipid profile
Hs - CRP
Liver profile
Renal profile
Uric acid
Urine for micro-albumin
UFR

Cardiac Investigations

ECG
2D Echo
Exercise ECG

Imaging

USS Abdomen
Chest X ray



Diabetic Screening (Basic)

For those who prefer to have a basic check on any pre diabetic condition.

Medical Assessment

Pre health screening questionnaire
Medical history & examination
Complete eye evaluation

Laboratory Testing

FBC
FBS
HbA1c
PPBS
Lipid profile
ALT/SGPT
AST/SGOT
Serum creatinine with eGFR
Urine for micro-albumin
UFR

Cardiac Investigations

ECG
Evaluation of reports and counseling



Diabetic Screening (Advanced)

Designed for the diabetic/pre-diabetic individual with a high future risk of diabetes due to family history.

Medical Assessment

Pre health screening questionnaire
Medical history & examination
Complete eye evaluation + Fundal Tomography

Laboratory Testing

FBC
FBS
PPBS
HbA1c
Lipid profile
TSH
Liver profile
Renal profile
Urine for micro-albumin
UFR

Cardiac investigations

ECG
2D Echo
Exercise ECG

Imaging

USS Abdomen
Chest X ray
Evaluation of reports and counseling
(Consultant Cardiologist + Consultant Physician)



Wellwoman

Specially designed for females for an all-round health screening.

Medical Assessment

Pre health screening questionnaire
Medical history & examination
Complete eye evaluation
PAP Smear

Laboratory Testing

FBC
Blood picture
Serum ferritin
ESR
FBS
HbA1c
TSH
Lipid profile
Liver profile
Serum creatinine
Uric acid
Ionized calcium
Rheumatoid factor
Vitamin D level
UFR

Cardiac Investigations

ECG
2D Echo

Imaging

USS Abdomen/Pelvis
USS Breast
Mammogram
Chest X ray
Evaluation of reports and counseling
Dietician review



Specially designed for males for an all round health screening.

Medical Assessment

Pre health screening questionnaire
Medical history & examination
Complete eye evaluation

Laboratory Testing

FBC
FBS
HbA1c
ESR
Blood picture
Vitamin D level
Serum creatinine
Uric acid
Liver profile
Lipid profile
TSH
PSA
UFR

Cardiac Investigations

ECG
2D Echo

Imaging

USS Abdomen
Chest X ray
Evaluation of reports and counseling
Dietician review

Senior Citizen Health Screening (Basic)

A basic check-up ideal for men and women above 60 years.

Medical Assessment

Pre health screening questionnaire
Medical history & examination
Complete eye evaluation
Hearing assessment (Audiometry)
PAP Smear (Females)

Laboratory Testing

FBC
ESR
FBS
HbA1c
Lipid profile
Liver profile
Serum creatinine
Blood urea
TSH
Rheumatoid factor
Stool FR
UFR
PSA (Males)

Cardiac Investigation

ECG

Imaging

Chest X ray
Evaluation of reports and counseling



Senior Citizen Health Screening (Advance)

A comprehensive check-up, ideal for men and women above 60 years.

Medical Assessment

Pre health screening questionnaire
Medical history & examination
Complete eye evaluation
Hearing check (Audiometry)

Laboratory Tests

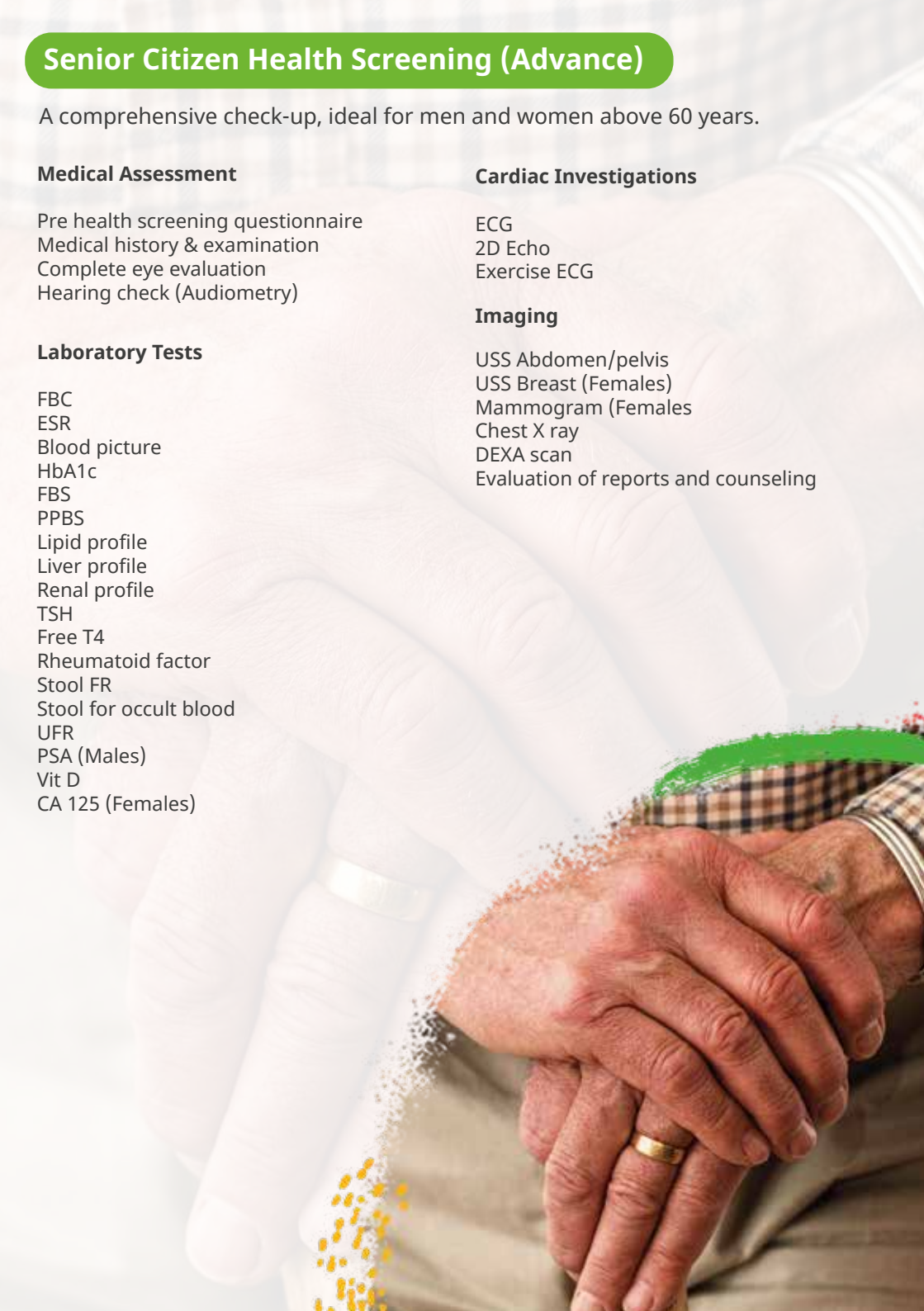
FBC
ESR
Blood picture
HbA1c
FBS
PPBS
Lipid profile
Liver profile
Renal profile
TSH
Free T4
Rheumatoid factor
Stool FR
Stool for occult blood
UFR
PSA (Males)
Vit D
CA 125 (Females)

Cardiac Investigations

ECG
2D Echo
Exercise ECG

Imaging

USS Abdomen/pelvis
USS Breast (Females)
Mammogram (Females)
Chest X ray
DEXA scan
Evaluation of reports and counseling



Stroke Prevention



For early detection of stroke.

Medical Assessment

Pre health screening questionnaire
Medical history & examination
Complete eye evaluation + Fundal Tomography
Risk profile screening

Laboratory Testing

FBC
ESR
FBS
HbA1c
Lipid profile
Hs - CRP
ALT/SGPT
AST/SGOT
Serum creatinine & eGFR
Serum electrolytes
TSH

Cardiac investigations

ECG
2D Echo

Imaging

Carotid Doppler
MRI Brain & MRA
Evaluation of reports and counseling

Cancer Screening

For early detection of Cancer.

Medical Assessment

Pre health screening questionnaire
Medical history & examination
Complete eye evaluation
PAP Smear (Females)

Laboratory Testing

FBC
ESR
Blood picture
PSA (Males)
CA 125 (Females)
CA 19-9
CA 15-3 (Females)
CEA
TSH
Free T4
Fecal immunochemical test (FTT)
Stool for Occult blood
UFR

Imaging

Chest X ray
USS Abdomen & Pelvis
USS Thyroid
USS Breasts (Female)
Mammogram (Female)
Evaluation of reports and counseling
(With a Cancer Specialist)

Child Health Screening (1-12 Years)

Health check to evaluate and monitor development in children.

Medical Assessment

Pre health screening questionnaire
Medical history & examination
Complete eye evaluation
Hearing check (Audiometry)

Laboratory Testing

FBC
ESR
Serum ferritin
Blood group
UFR
Stool FR
Evaluation of reports and counseling

Teenager Health Screening (13-18 Years)

Health check to evaluate and monitor development in teenagers.

Medical Assessment

Pre health screening questionnaire
Medical history & examination
Complete eye evaluation
Hearing check (Audiometry)

Cardiac investigations

ECG
Evaluation of reports and counseling

Laboratory Testing

FBC
ESR
FBS
Lipid profile
ALT/SGOT
AST/SGPT
TSH
UFR

Obesity in Children (Above 10 Years)

A comprehensive screening for detection of obesity.

Medical Assessment

Pre health screening questionnaire
Medical history & examination
Complete eye evaluation
Sleep apnoea screening

Laboratory Tests

FBC
FBS
HbA1c
OGTT
Lipid profile
Liver profile
Fasting insulin levels
Urinary free cortisol
TSH

Cardiac Investigations

ECG

Imaging

USS Abdomen
Evaluation of reports and counseling



Pre Marital Screening



A comprehensive health screening before your big day.

Medical Assessment

Pre health screening questionnaire
Medical history & examination
Complete eye evaluation

Laboratory Tests

FBC
ESR
FBS
TSH
Blood group
HbsAg
VDRL
HIV I&II
Lipid profile

Imaging

USS Abdomen
Evaluation of reports and counseling
Consultant Physician for Males
Consultant Gynaecologist for Females

Add Ons

Tumour markers

AFP (Alpha Fetoprotein - Liver)

CA 19-9 (Pancreas)

Carcinoembryonic Antigen - (Colon)

CA 15-3 (Breast)

CA 125 (Ovary)

Hormones

Prolactin

Estrogen

Progesteron

Testosterone

FSH

LH

Rubella Antibody Test

Imaging

DEXA Scan

Other services

Dental Check

CPET



Scan the QR Code
for more details on our promotions
at the Wellness Centre

Contact Us

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