

## Guía de Preparación Check Up Masculino Adulto Mayor

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### Qué incluye

- Básico de salud: biometría hemática, glucosa, urea, creatinina
- Examen general de orina (EGO)
- Colesterol y triglicéridos
- Ácido úrico
- Sangre oculta en heces fecales
- PSA — antígeno prostático específico y testosterona total
- TSH — hormona estimulante de tiroides
- Imagenología
- Ultrasonido abdominal
- Rayos X de tórax simple
- Electrocardiograma en reposo
- Consultas
- Consulta de medicina interna (vía telemedicina para Puerto Morelos y Tulum)
- Valoración dental

### Preparación — Estudios de Laboratorio

- Ayuno 8 a 12 horas (solo agua natural).
- Ayuno de 8 a 12 horas (solo agua); evitar grasas, alcohol, tabaco y ejercicio intenso 24 horas antes.
- Para el PSA: sin relaciones sexuales, exploración prostática ni ciclismo 48 horas previas.
- Para el EGO: limpia genitales antes, recolecta el chorro medio en frasco estéril (preferente primera orina del día) y entrega dentro de 2 horas.
- Para sangre oculta en heces: 3 días previos sin carnes rojas, embutidos ni verduras de hoja; evitar aspirina, hierro y vitamina C. El día 4, recolectar muestra del tamaño de una nuez en frasco estéril y llevarla pronto al laboratorio.
- Si tomas medicamentos, consulta si debes pausar alguno — no lo suspendas sin indicación médica.

### Preparación — Imagenología

- Ultrasonido abdominal: ayuno mínimo 6 horas y vejiga moderadamente llena — beber 3 o 4 vasos de agua 1 hora antes y no orinar.
- Rayos X de tórax: sin ayuno; no usar cremas ni perfumes; ropa sin metales en la zona.
- Electrocardiograma: dormir bien la noche anterior; sin café, energéticos ni tabaco 4 horas antes; sin cremas en el pecho; ropa cómoda.

### Consulta Médica

- Presentarse con estudios de laboratorio e imagenología listos.
- Informar síntomas actuales, antecedentes familiares, medicamentos y estilo de vida.
- Ve listo para preguntar y resolver dudas — es el momento ideal para ordenar el panorama completo.

Ya diste el primer paso al descargar esta guía. No dejes que se enfríe el impulso: agenda tu paquete con nosotros. Conocer cómo estás hoy te ayuda a cuidarte mejor y corregir a tiempo lo necesario.

*Presentarse con la preparación indicada*

## Preparation Guide Elderly Male Check Up

### What's Included

- Basic health panel: Complete Blood Count (CBC), glucose, urea, creatinine
- Urinalysis
- Cholesterol and triglycerides
- Uric acid
- Fecal occult blood test
- PSA (Prostate-Specific Antigen) and total testosterone
- TSH (Thyroid-Stimulating Hormone)
- Abdominal ultrasound
- Chest X-ray
- Resting electrocardiogram (ECG)
- Internal Medicine consultation (via telemedicine for Puerto Morelos and Tulum)
- Dental evaluation

### Preparation — Laboratory Tests

- Fast for 8 to 12 hours (water only).
- Fast for 8 to 12 hours (water only); avoid fatty foods, alcohol, tobacco, and intense exercise for 24 hours before testing.
- For the PSA test: avoid sexual activity, prostate examinations, and cycling for 48 hours beforehand.
- For the urinalysis: clean the genital area beforehand, collect a midstream urine sample in a sterile container (preferably the first urine of the day), and deliver it within 2 hours.
- For the fecal occult blood test: for 3 days beforehand, avoid red meat, processed meats, and leafy green vegetables. Also avoid aspirin, iron supplements, and vitamin C. On day 4, collect a stool sample approximately the size of a walnut in a sterile container and bring it to the laboratory as soon as possible.
- If you take medications, ask whether you should pause any of them—do not stop them without medical guidance.

### Preparation — Imaging

- Abdominal Ultrasound: Fast for at least 6 hours. Arrive with a moderately full bladder: drink 3–4 glasses of water 1 hour before the exam and do not urinate.
- Chest X-ray: No fasting required. Do not apply creams, lotions, or perfume. Wear clothing without metal around the chest area.
- Electrocardiogram (ECG): Get a good night's sleep before the test. Avoid coffee, energy drinks, and tobacco for 4 hours beforehand. Do not apply creams or lotions to the chest. Wear comfortable clothing.

### Medical Consultation (Same Day)

- Arrive with all laboratory and imaging results completed and available.
- Inform your provider about current symptoms, family history, medications, and lifestyle habits.
- Come prepared with questions—this is the ideal opportunity to gain a complete understanding of your health.

You've already taken the first step by downloading this guide. Don't lose momentum—schedule your package with us. Knowing where you stand today helps you take better care of yourself and address concerns early. *Preparation as indicated is required.*