

Guía de Preparación Paquete de Valoración Médica General

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Qué incluye

- Básico de salud: biometría hemática, glucosa, urea, creatinina
- Examen general de orina (EGO)
- Ácido úrico
- Hemoglobina glicosilada
- Peril de lípidos
- Electrocardiograma en reposo
- Consultas
- Consulta de medicina interna (vía telemedicina para Puerto Morelos y Tulum)
- Consulta dental

Preparación — Estudios de Laboratorio

- Ayuno de 8 a 12 horas (solo agua); evitar grasas, alcohol, ejercicio intenso y fumar 24 horas antes.
- Para el EGO: limpia genitales antes, recolecta el chorro medio en frasco estéril (preferente primera orina del día) y entrega dentro de 2 horas.
- Si tomas medicamentos, consulta si debes pausar alguno — no lo suspendas sin indicación médica.

Preparación — Imagenología

- Dormir bien la noche anterior.
- Sin café, energéticos ni tabaco 4 horas antes.
- Ropa cómoda de dos piezas; sin cremas ni aceites en el pecho.

Consulta Médica

- Presentarse con estudios de laboratorio e imagen listos.
- Tener presentes síntomas actuales, antecedentes médicos y tratamientos en curso.
- Acudir con buena higiene bucal para la consulta dental.

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 General Medical Assessment Package

What's Included

- Complete Blood Count (CBC), Fasting Glucose, Blood Urea Nitrogen (BUN), and Creatinine
- Urinalysis (UA)
- Uric Acid
- Hemoglobin A1c (HbA1c)
- Lipid Profile
- Resting Electrocardiogram (ECG)
- Internal Medicine Consultation (via telemedicine for Puerto Morelos and Tulum)
- Dental Consultation

Preparation — Laboratory Tests

- Fast for 8 to 12 hours before your appointment (water is allowed). Avoid fatty foods, alcohol, smoking, and intense exercise for 24 hours beforehand.
- For the urinalysis: clean the genital area before collecting the sample, collect a midstream urine sample in a sterile container (preferably the first morning urine), and deliver it to the laboratory within 2 hours.
- If you take any medications, ask your healthcare provider whether any should be temporarily paused. Do not stop medications without medical advice.

Preparation — Imaging

- Get a good night's sleep before your appointment.
- Avoid coffee, energy drinks, and tobacco for at least 4 hours before your ECG.
- Wear comfortable two-piece clothing and avoid applying creams, lotions, or oils to the chest area.

Medical Consultation

- Arrive with your laboratory and diagnostic test results available.
- Be prepared to discuss your current symptoms, medical history, and any ongoing treatments.
- Please maintain good oral hygiene before your dental consultation.

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.