

How to Prepare for a Check-Up in Turkey

The **Globalmedik** team is pleased to support you at every stage of your comprehensive medical check-up in Turkey. We organize your medical examinations and diagnostics, assist with transportation, translation, and communication with the clinic to ensure your stay is as comfortable, smooth, and efficient as possible.

A Check-Up helps assess your overall health, detect potential health issues at an early stage, and receive recommendations from specialized doctors. To ensure the most accurate results, it is important to follow the preparation guidelines before your visit.

Before Your Visit

Please bring with you:

- Passport or ID document
- Previous medical examination results (if available)
- Medical records or doctor's reports

List of current medications and supplements you are taking

Preparation for Laboratory Tests

For blood tests, please fast for at least 8 hours before your examination. You may drink plain water.

For 24 hours before your Check-Up, it is recommended to avoid:

- Alcohol
- Smoking
- Electronic cigarettes and vaping products
- Energy drinks

Nutrition Before Your Examination

For more accurate abdominal ultrasound results, it is recommended to avoid foods that may increase gas formation during the 24 hours before the examination, including:

- Raw vegetables
- Legumes (beans, lentils, chickpeas)
- Dairy products
- Carbonated drinks
- Fresh pastries and baked goods

Please avoid eating red meat for 3 days before your examination.

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Medications and Supplements

Please inform your doctor about all medications and supplements you are currently taking. Whenever possible, bring your medications in their original packaging. It is recommended to stop taking dietary supplements and vitamin complexes 48 hours before the examination (unless otherwise instructed by your healthcare provider).

Pregnancy and Menstrual Cycle

If you are pregnant or suspect that you may be pregnant, please inform the medical staff before the examination begins. For women, mammography is usually recommended between the 10th and 15th days of the menstrual cycle.

Transfers and Logistics

For your convenience, transfers between the airport, hotel, and clinic can be arranged. To organize your transfer, please provide your flight details at least **48 hours before arrival**. Please note: Transfer times may be affected by traffic conditions. Transfer information will be provided via WhatsApp. After registration at the clinic, all transfer arrangements will be coordinated by your interpreter or personal manager.

At the Clinic

Upon Arrival

After arriving at the clinic, please register at the International Patient Department. A translator will be assigned to assist you throughout your examinations and medical consultations.

Important Information for Your Doctor

Please inform the medical specialists about:

- Previous illnesses and surgeries;
- Chronic medical conditions;
- Allergies;
- Presence of a pacemaker or implants;
- Current medications and supplements you are taking.

Clothing Recommendations

We recommend wearing comfortable clothing and shoes. If your Check-Up program includes an exercise stress test, please bring or wear sports shoes.

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Additional Examinations

The doctor may recommend additional examinations depending on:

Age;

Gender;

Medical history;

Results of the initial tests.

Some examinations are performed only when medically indicated.

CHECK-UP: STEP BY STEP

- Registration at the clinic.
- Laboratory tests.
- Diagnostic examinations (ultrasound, X-ray, CT, MRI, and other tests if required).
- Consultations with specialized doctors.
- Final consultation with the doctor.
- Preparation of a medical report.

PAYMENT

Payment is made according to your booking terms by card or cash at the clinic.

Additional examinations that are not included in your selected Check-Up package are paid separately after approval with the patient.

WAITING TIME

During the day, there may be short waiting periods between laboratory tests, diagnostic procedures, and consultations.

During these intervals, patients can use the clinic's waiting areas, Wi-Fi, and other available facilities.

AFTER THE CHECK-UP

Results

All examination results and specialist reports are provided to the patient on the final day of the Check-Up program.

Electronic copies of medical results and reports are sent to the patient's email address within several days after completion of the examination.

Follow-Up Support

If additional consultations or treatment are required based on the examination results, your personal coordinator will help organize the next steps of your medical care program.

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Frequently Asked Questions

How long does a Check-Up take?

Basic Check-Up programs: usually 1 day.

Advanced Check-Up programs: 1–3 days.

What time does the examination start?

Usually, the examination starts at 08:30–09:00 AM and is completed in the afternoon.

Is a translator provided?

Yes. Interpreter support is available for international patients throughout the examination process.

Are there any hidden fees?

No. Any additional examinations not included in your selected package are discussed and approved with the patient in advance.

What is required for booking?

- Passport
- Contact phone number
- Email address
- Flight details (if airport transfer needs to be arranged)