



## ANNEX 11 to the Tender Specifications

# Annual medical examinations

1. Clinical examination
2. X-ray of the lungs, only if the medical doctor considers it necessary (included in laboratory visit).
3. ECG (Electrocardiogram) every two years after the age of 40.
4. Laboratory tests:
  - a. Urine analysis;
  - b. Blood test:

Type of test	Comments
Sedimentation rate	
Urea	
Uric acid	
Creatinine	
Glycemia	
Gamma-GT	If high, also transaminases
ALT	SGPT – Serum glutamic pyruvic transaminase
AST	SGOT – Serum glutamic oxalo-acetic acid transaminase
Syphilis serology	Every 5 years
Hematology	Complete blood count
Erythrocytes with specifications,	
Leucocytes with specification	
Triglycerides	
Cholesterol (total)	
HDL/LDL	
HIV	With patient's consent
TSH	
Serum Proteins + Electrophoresis	> 45 years
PSA	Men > 45 years (information of the interpretation of the results)

- c. Test for blood in stools (from the age of 45 onwards)
  - d. Back of the eyes/ eye pressure
    - Every year in case of hypertension and diabetics.
    - Every two years from the age of 40 onwards.
5. Gynaecological screening
  - a. Clinical examination
  - b. Cytology test (PAP smear test)
  - c. Echography of the breast and mammography from the age of 40 onwards if medically indicated
6. Special screening for men from the age of 45 onwards
  - a. Rectal examination of prostate
  - b. Echography of prostate from the age of 50 onwards if medically indicated



### Overview of examinations

1. Basic examination	Men < 40	Men > 40	Women < 40	Women > 40
<b>a</b> Clinical examination	x	x	x	x
<b>b</b> X-ray of the lungs	x	x	x	x
<b>c</b> ECG		x Every two years		x Every two years
<b>d</b> Laboratory tests				
- Urine analysis	x	x	x	x
- Blood test	x	x	x	x
Serum Proteins + Electrophoresis		> 45 years		
- PSA for men		x From the age of 45		
- Test for blood in stools		x From the age of 45		x From the age of 45
<b>e</b> Back of the eyes/ eye pressure		x		x
<b>2. Gynaecological examination</b>				
- Clinical examination			x	x
- Cytology test (PAP smear test)			x	x
- Echography of the breast and mammography				x From the age of 40 if medically indicated
<b>3. Prostate screening</b>				
- Rectal examination of prostate		x From the age of 45 if medically indicated		
- Echography of prostate		x From the age of 50 if medically indicated		