



**MAKE YOUR  
HEALTH YOUR  
PRIORITY**

# MAKE YOUR *HEALTH* YOUR *PRIORITY*



# lab Packages

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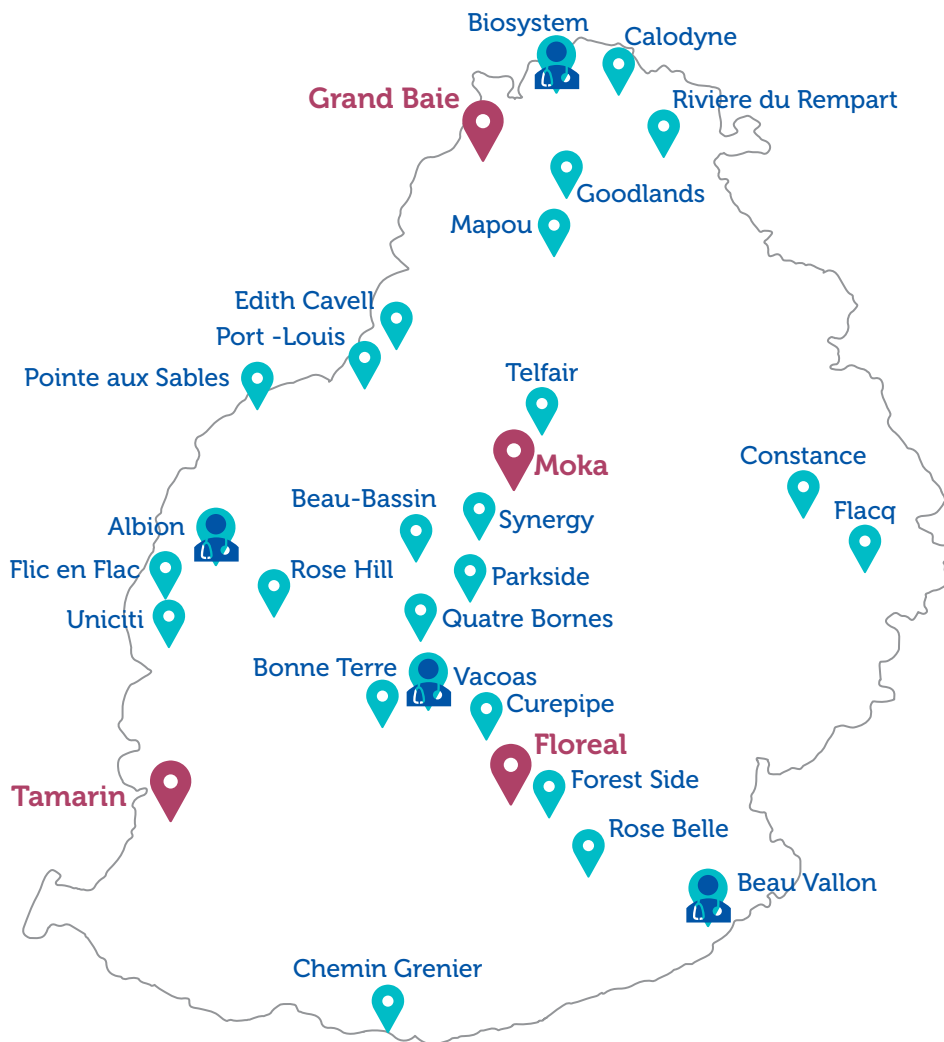
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# COLLECTION POINTS



Wherever you are in Mauritius,  
you can now find a C-Lab Collection centre or request a home collection.





## About C-Lab

C-Lab regroups our laboratory services available at C-Care Darné, C-Care Wellkin, C-Care Grand Baie and C-Care Tamarin. Our labs are ISO accredited and deliver reliable and accurate test results in a timely manner to help doctors in their diagnosis. C-lab has a network of collection centre around the island. We also provide home collection services for people who are unable to come to the laboratory.





## C-Lab delivers quality

- More than 80 years of combined experience
- ISO 15189 accredited laboratories
- Doubly authenticated results by a panel of consultant pathologists
- Over 50 trained technicians
- Tests performed on fully automated state-of-the-art technology
- Internal quality control from internationally reputed laboratories
- External Quality Assurance Scheme (EQAS) to benchmark our results to a worldwide database
- Over 99% of tests performed in-house





## Our Vision and Values

Our vision is “to be the most trusted healthcare partner in the region, recognised for international standards of quality and service excellence”.

The values of the group C-Care are Medical Expertise, Caring, Transparent and Innovative. At C-Lab, we have successfully embraced all the C-Care values with quality being our main pillar.

## Prevention is better than cure!

At C-Lab, we understand the importance of good health and leading a healthy lifestyle. Regular check-ups, targeted screenings and adopting a healthy lifestyle can help in preventing or detecting life-threatening chronic conditions such as diabetes, heart disease and cancer. Early detection contributes to better treatment and appropriate care.

C-Lab offers numerous preventive health check packages which act as early main detectors of any factors or illnesses to better protect your health. All of our proposed comprehensive health check packages and specific diagnostic tests allow us to detect diseases early, minimise their risks and ultimately optimise your health and lifestyle. C-Lab is committed to be your trusted healthcare partner throughout your lifetime.



## Corporate Wellness



At C-Lab, we strongly believe that a healthier workforce is more engaged, focused and productive. Being healthy improves the overall quality of life hence reducing risk factors for diseases. Furthermore, a healthy workplace will reduce absenteeism and employee turnover. As an employer, you will reap many benefits by promoting employee health in their workplace.

As per statistics, nearly 42.5% of corporate employees suffer lifestyle related diseases. In a corporate environment, employees are exposed to a competitive work atmosphere hence building pressure on health, leading to lifestyle related diseases. Due to this growing susceptibility to diseases, the concept of Preventive Health check-up is becoming an important factor.



# Corporate Wellness Package



## Packages offered by C-Lab

### 1) Comprehensive Health Check Package

Tests included in the package: Full blood count, Serum Calcium (Bone health), Lipid profile, Fasting Blood Glucose\*, Liver Function test, Creatinine, Urea, EGFR and Uric acid test.

Rs 2,200

### 2) Routine Health Check Package

Tests included in the package: Full blood count, Total cholesterol\*, Fasting Blood Glucose\*, Gamma GT, Creatinine, EGFR and Uric acid test.

Rs 1,100

### 3) Basic Health Check Package

Tests included in the package: Full blood count, Total cholesterol\*, Fasting Blood Glucose\*, Creatinine and EGFR.

Rs 750

For any booked above-listed package, get a free consultation with one of our General Practitioners from either C-Care Darné or C-Care Wellkin. Disclaimer: Price applicable for 25 pax and above.

\*Fasting time: 10-12 hours prior.



## Routine Health Check

Routine health check can help in identifying early signs of health issues. This package contains all the tests that ensure the correct functioning of the main organs in the body. The possible presence of blood anomalies, cardiovascular disease, liver problems, gout and arthritis will also be checked. This package is recommended for anyone wanting a routine health check to maintain and improve their health and lifestyle.

### *Tests included in the package:*

- **Anaemia and infection:** Full blood count
- **Diabetes:** Fasting Blood Glucose\*
- **Kidney:** Creatinine + EGFR
- **Liver:** Gamma GT
- **Heart:** Total Cholesterol\*
- **Gout:** Uric Acid



## Comprehensive Health Check



Given the current fast-paced lifestyles we mostly lead, stress has become a prevalent factor contributing to various health issues such as heart diseases, asthma, diabetes, headaches, and depression, among others. Consequently, it is advisable to undergo regular health check-ups to prevent the onset of any disease. A comprehensive health check package includes all the essential tests relevant to the demands of our hectic and sedentary lifestyle. These tests offer a detailed analysis of the functioning of the body's various vital organs and important health criteria.

### Tests included in the package:

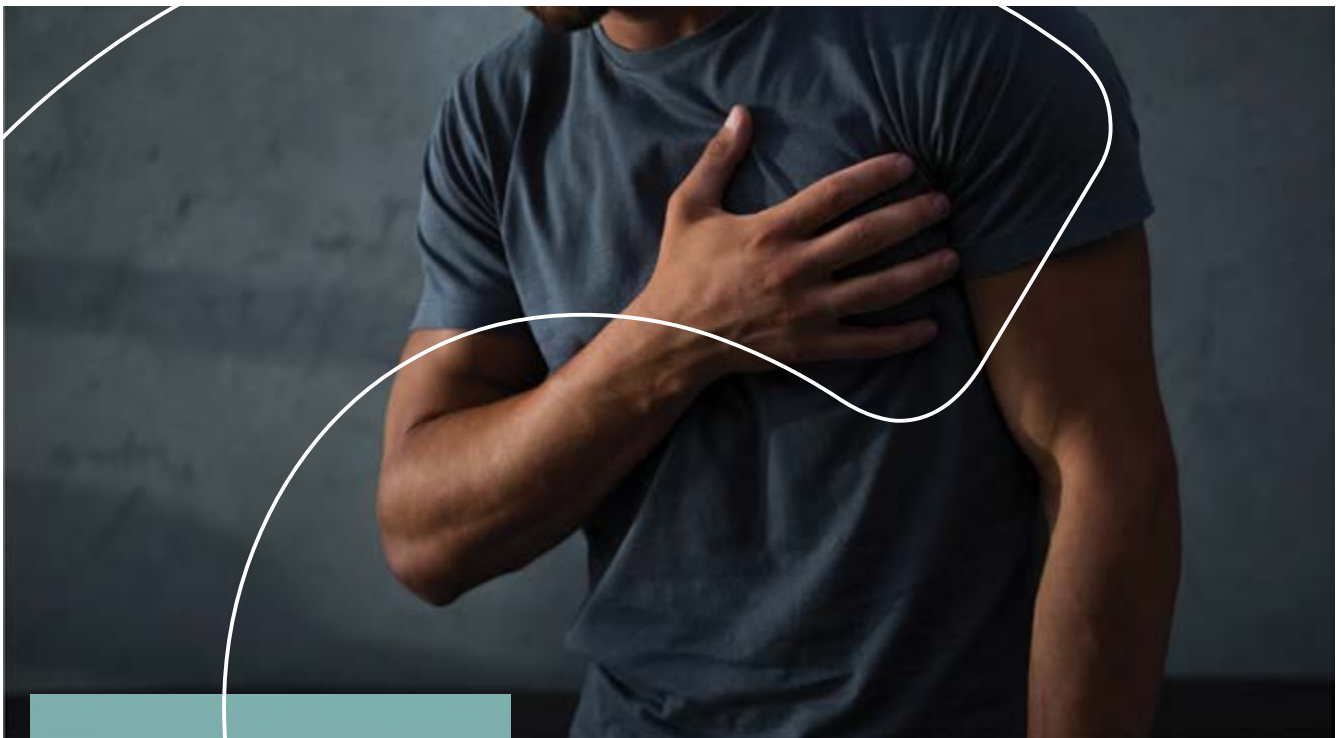
- **Anaemia and infection:** Full blood count
- **Diabetes:** Fasting Blood Glucose\*
- **Liver:** Liver Function tests (Gamma GT, SGPT, SGOT, Alkaline Phosphatase, Total/Direct Bilirubin)
- **Kidney:** Creatinine + EGFR + Urea
- **Heart:** Lipid profile (Total Cholesterol\*, Triglycerides, HDL, LDL and VLDL)
- **Gout:** Uric Acid
- **Bone Health:** Calcium

### Abbreviations:

*EGFR:* Estimated Glomerular Filtration rate, *SGPT:* Serum glutamate-pyruvate transaminase, *SGOT:* Serum glutamic oxaloacetic transaminase, *HDL:* High Density Lipoprotein, *LDL:* Low Density Lipoprotein, *VLDL:* Very Low Density Lipoprotein.

\*Fasting time: 10-12 hours prior.

Rs 2,500



## Cardiac Health



Unlock the key to a healthier heart with our comprehensive cardiac check package. Recent statistics from the World Heart Report reveal that CVDs are the leading cause of mortality and amount to about a third of all global deaths. There are around 620 million people living with heart and circulatory diseases across the world – this number has been rising due to changing lifestyles, an ageing and growing population and improved survival rates from heart attacks and strokes – and will continue to rise if these trends continue. Globally it's estimated that 1 in 13 people are living with a heart or circulatory disease.

Our package is not just for those already diagnosed with heart disease; it is for anyone seeking to safeguard their heart health. Whether you have a family history of heart disease or present risk factors such as diabetes mellitus, dyslipidemia, smoking, a sedentary lifestyle, stress or obesity, a simple cardiac check-up can be a lifesaver.

Prioritise your heart health today. Choose our cardiac check package and take a proactive step towards a heart-healthy life. Because when it comes to your heart, a little prevention can go a long way.

### *Tests included in the package:*

- **Anaemia and infection:** Full blood count
- **Inflammation:** Erythrocyte Sedimentation Rate (E.S.R)
- **Diabetes:** HbA1C
- **Kidney:** Creatinine + EGFR, Electrolytes
- **Heart:** Lipid profile (Total Cholesterol\*, Triglycerides, HDL, LDL and VLDL)
- **Others:** C-Reactive Protein



## Diabetes

Diabetes is a silent killer. It affects a huge proportion of the population in Mauritius.

In Mauritius, the prevalence of diabetes among the population aged 20 to 79 is 22.6%, according to recent reports, while globally approximately 537 million adults (20-79 years) are living with diabetes.



The prevalence of uncontrolled diabetes is a real concern as it increases the risk of severe health complications such as heart diseases, renal impairment, eyes problems and damaged arteries. Pre-diabetes and obesity are major precursors of diabetes and cardiovascular disease and therefore, promoting a healthy lifestyle at an early age will help to reverse the situation.

Prioritise regular check-ups and embrace a healthy lifestyle. Together, we can conquer diabetes, paving the way for a healthier and brighter future.

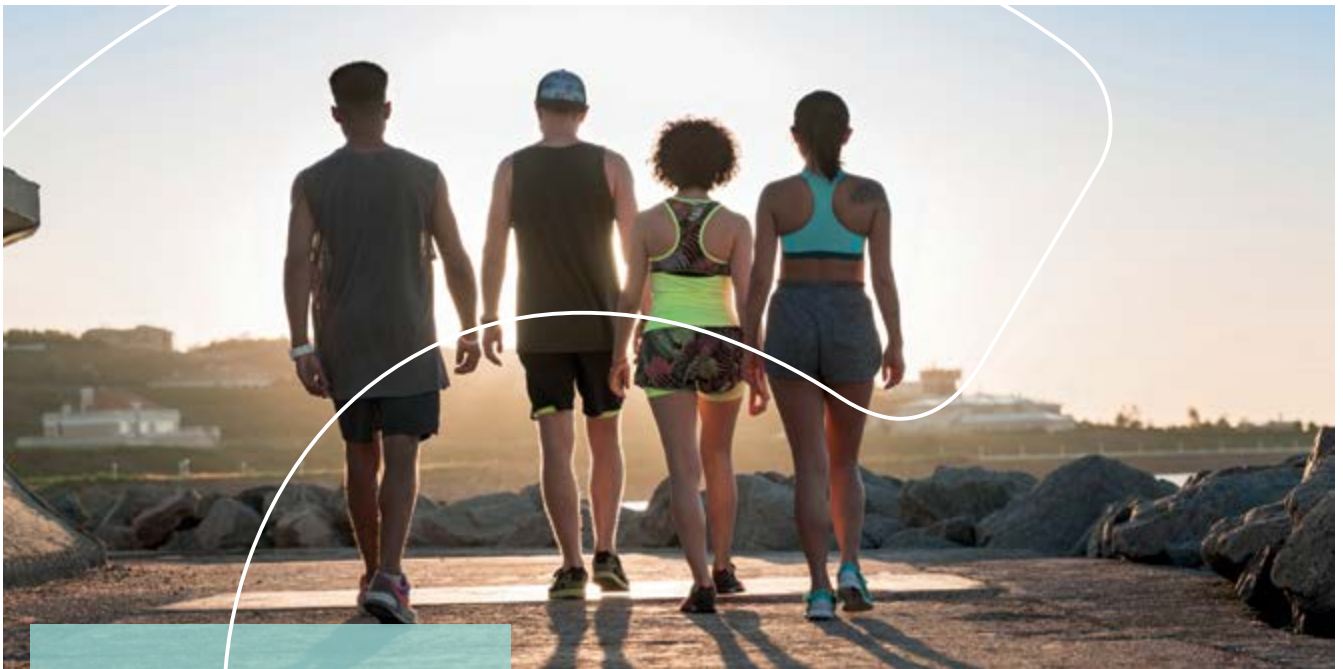
Make your health your priority!

### *Tests included in the package:*

- **Diabetes:** HbA1C
- **Kidney:** Creatinine + EGFR, Urea,
- **Heart:** Lipid profile (Total Cholesterol\*, Triglycerides, HDL, LDL and VLDL)
- **Others:** Urine Routine and Albumin & Creatinine Ratio

\*Fasting time: 10-12 hours prior.

**Rs 2,550**



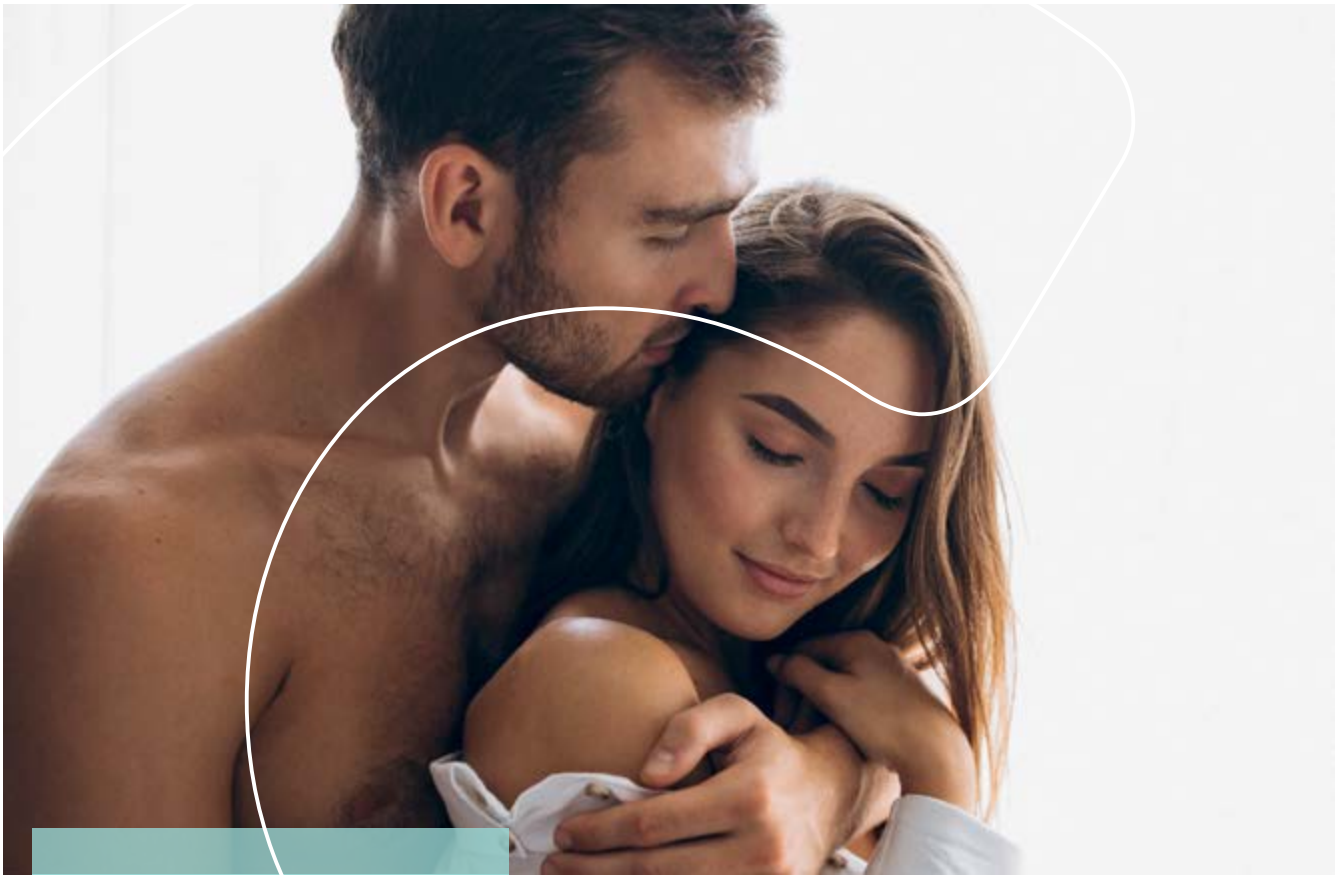
## Sports Performance Test



This package is designed to elevate your fitness journey, catering to both sports enthusiasts and those embracing an active lifestyle. Whether you're a dedicated athlete or someone passionate about staying fit, this package is tailored to enhance your well-being and performance. The panel of tests provided in this package will make sure that the body can sustain challenging exercises and the muscles are well oxygenated and supplied with enough glucose. Overall kidney health will also be assessed to see if the kidneys are working properly to remove the excess waste produced during exercise. Liver function will be checked as it is crucial for the metabolism of fats to release energy during exercise. Proper levels of calcium, magnesium and vitamin B12 need to be checked and maintained, to enhance the athletic performance by increasing new cell production, stabilising blood level and glucose availability.

### *Tests included in the package:*

- **Anaemia and infection:** Full blood count
- **Diabetes:** Fasting Blood Glucose\*
- **Kidney:** Renal Function tests (Urea, Electrolytes, Creatinine + EGFR, Bicarbonate)
- **Liver:** Liver Function tests (Gamma GT, SGPT, SGOT, Alkaline Phosphatase, Total/Direct Bilirubin)
- **Heart:** Lipid profile (Total Cholesterol\*, Triglycerides, HDL, LDL and VLDL)
- **Bone Health:** Calcium
- **Gout:** Uric Acid
- **Others:** Vitamin B12, Magnesium



## Sexually Transmitted Diseases (STDs)



STDs are infections that are transmitted from one person to another by sexual activity, such as anal, vaginal, or oral sex. Bacteria, parasites, and viruses are all responsible for STDs. The organisms that cause sexually transmitted diseases (bacteria, viruses, and parasites) can spread from person to person by blood, sperm, vaginal, and other bodily fluids. These infections can sometimes be passed from mother to kid non sexually, such as during pregnancy or childbirth, or through blood transfusions or sharing needles.

Embark on a journey towards empowered sexual health with our comprehensive STD Package – a proactive commitment to awareness and prevention, ensuring a healthier tomorrow for both you and your loved ones.

### 1) Package 1

**Rs 3,900**

*Tests included in the package:*

- HIV
- Syphilis
- Hepatitis B
- Chlamydia Trachomatis by PCR
- Neisseria Gonorrhoeae by PCR

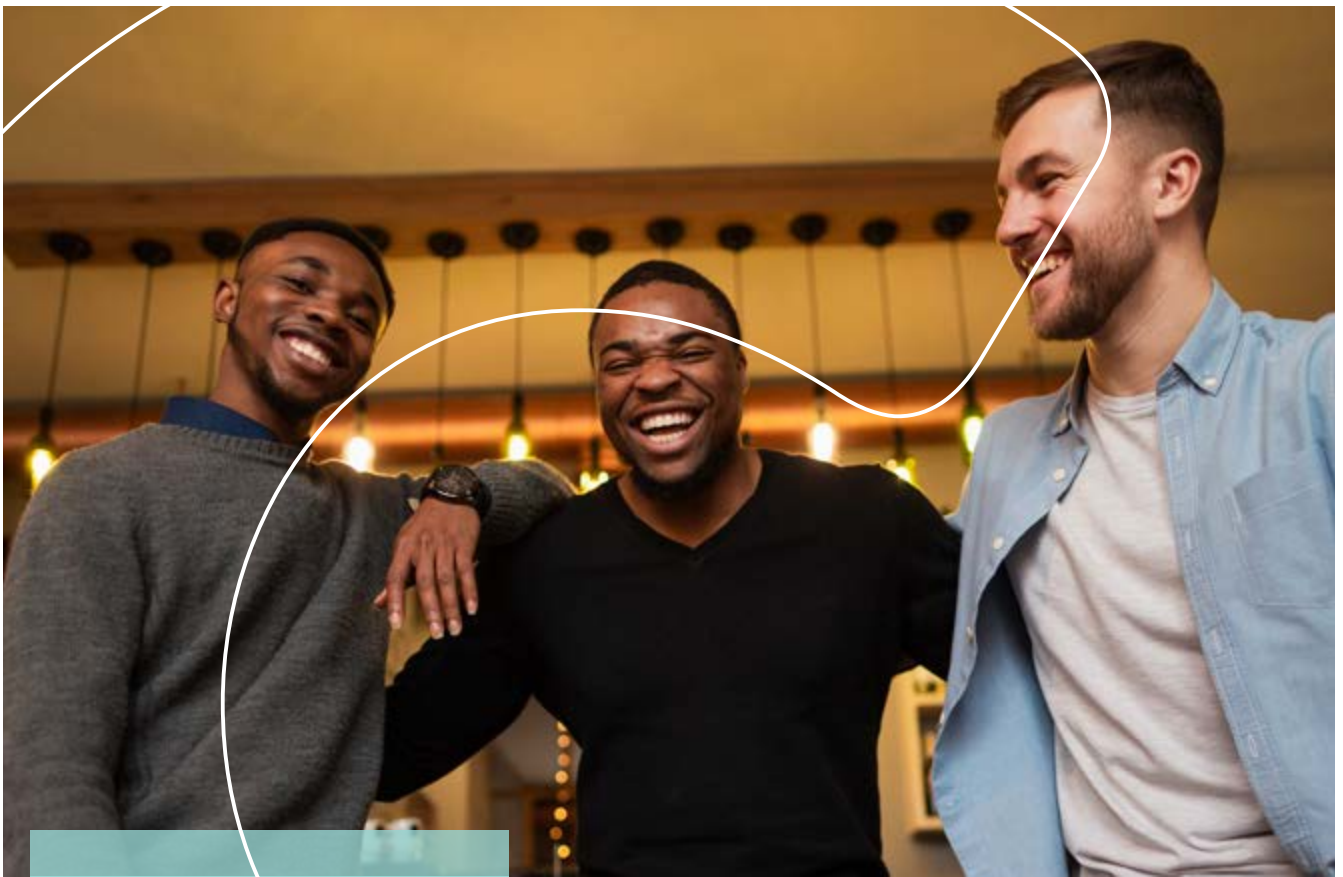
### 2) Package 2

**Rs 5,900**

*Tests included in the package:*

- HIV
- Syphilis
- Hepatitis B
- Chlamydia Trachomatis by PCR
- Neisseria Gonorrhoeae by PCR
- Trichomonas Vaginalis by PCR

No prior fasting is required.



## Men Health

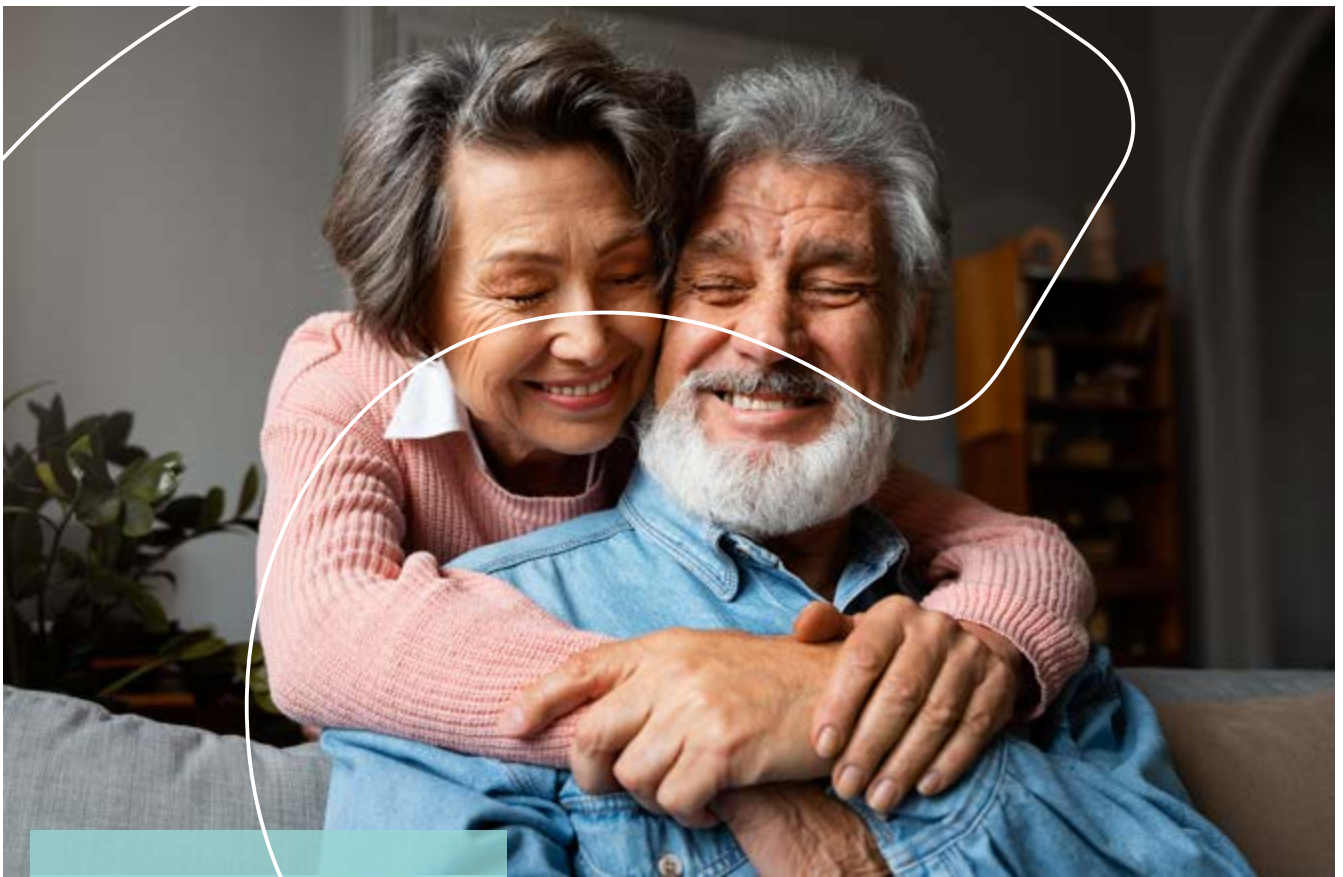


The Men's Health package aims to screen and detect illnesses in their early stages while preventing their development. Regular testing is essential to enhance both your health and lifestyle. The package focuses on key areas, including diabetes, liver function, kidney health, hormonal balance and tumor markers. Additionally, it is advisable to consider a PSA test for prostate health, typically recommended for men aged 45 and above or earlier if there are specific risk factors. It is advisable for men to discuss the potential benefits and risks of PSA testing with their healthcare provider to make an informed decision based on their unique health circumstances.

Your health matters – take the first step towards a stronger, healthier tomorrow.

### *Tests included in the package:*

- **Anaemia and infection:** Full blood count
- **Diabetes:** Fasting Blood Glucose\*
- **Kidney:** Creatinine + EGFR, Urea, Electrolytes
- **Liver:** Alkaline Phosphatase, SGPT, Total Protein
- **Heart:** Total Cholesterol\*
- **Bone Health:** Calcium
- **Prostate Cancer:** Prostatic Specific Antigen
- **Others:** Urine Microscopy, Testosterone



## Senior Citizen Men



This comprehensive screening panel is tailored to address the unique health needs commonly observed in senior male citizens. Covering essential aspects such as kidney, heart, liver, and urinary system function, the package offers a thorough assessment for potential issues including inflammation, diabetes, gout, joint pain, blood disorders, infections, prostate cancer, and bone health. Our aim is to empower senior men with proactive health insights, enabling them to navigate the golden years with confidence and vitality.

Prioritise your health today with our tailored Senior Men's Health package and embrace a life of lasting well-being.

### *Tests included in the package:*

- **Anaemia and infection:** Full blood count
- **Inflammation:** Erythrocyte Sedimentation Rate (E.S.R)
- **Diabetes:** Fasting Blood Glucose\*
- **Kidney:** Creatinine + EGFR, Urea,
- **Liver:** Gamma GT, SGPT, Total Protein
- **Heart:** Lipid profile (Total Cholesterol\*, Triglycerides, HDL, LDL and VLDL)
- **Bone Health:** Calcium
- **Prostate Cancer:** Prostatic Specific Antigen
- **Gout:** Uric Acid
- **Others:** Urine Routine

\*Fasting time: 10-12 hours prior.

**Rs 3,800**



## Women Health



Discover our comprehensive Women's Health package, designed with your well-being in mind. Tailored for women aged 30 and above, this package includes a thorough panel of tests, ensuring a holistic assessment of vital organs such as the kidney, liver, and heart. Specifically curated to address common health concerns for women, our tests encompass screenings for breast cancer, diabetes, bone diseases, gout, arthritis, and thyroid problems. The package features essential tests including Full Blood Count for anaemia and infection, Fasting Blood Glucose for diabetes, and screenings for kidney, liver, heart, bone health, breast cancer, and thyroid function. Your health matters, and with our Women's Health package, we aim to empower you with the knowledge needed for a lifetime of well-being.

Take charge of your health journey today.

### *Tests included in the package:*

- **Anaemia and infection:** Full blood count
- **Diabetes:** Fasting Blood Glucose\*
- **Kidney:** Creatinine + EGFR, Electrolytes, Urea
- **Liver:** Alkaline Phosphatase, SGPT, Total Protein
- **Heart:** Total Cholesterol\*
- **Bone Health:** Calcium
- **Breast Cancer:** CA 15.3
- **Thyroid:** Thyroid Stimulating Hormone
- **Others:** Urine Microscopy



## Senior Citizen Women



Meticulously curated for women aged 60 and above, this comprehensive panel of tests is strategically designed to address the specific health needs of senior women, covering vital organs such as the kidneys, heart, liver, and urinary system. With a focus on key health parameters, the package assesses for potential concerns including inflammation, diabetes, gout, joint pain, blood disorders, infections, cervical cancer, and bone health. The tests included in this package comprise Full Blood Count for anaemia and infection, Erythrocyte Sedimentation Rate for inflammation, Fasting Blood Glucose for diabetes, and screenings for kidney, liver, heart, bone health and breast cancer.

Prioritise your well-being with our Senior Women’s Health package, tailored to empower you with comprehensive health insights and support your journey to a healthier and fulfilling life.

**Tests included in the package:**

- **Anaemia and infection:** Full blood count
- **Infl ammation:** Erythrocyte Sedimentation Rate (E.S.R)
- **Diabetes:** Fasting Blood Glucose\*
- **Kidney:** Creatinine + EGFR, Urea
- **Liver:** Gamma GT, SGPT, Total Protein
- **Heart:** Lipid profile (Total Cholesterol\*, Triglycerides, HDL, LDL and VLDL)
- **Bone Health:** Calcium
- **Breast Cancer:** CA 15.3
- **Gout:** Uric Acid
- **Others:** Urine Routine

\*Fasting time: 10-12 hours prior.

**Rs 4,000**



## Fertility Packages



Infertility is defined as the inability to conceive or achieve a successful pregnancy after a year of regular, unprotected sexual intercourse. One in 4 couples in developing countries is affected by infertility and about 48.5 million couples experience infertility worldwide (*source: World Health Organisation*). Infertility results from female factors about one-third of the time and male factors about one-third of the time. The cause is either unknown or a combination of male and female factors in the remaining cases.

### 1) Male Fertility

Rs 2,300

This package is recommended for men who want to assess infertility or subfertility.

#### Tests included in the package:

- Semen analysis, Testosterone and Prolactin tests.

### 2) Female Fertility

Rs 4,600

This package is recommended for women who want to assess infertility or subfertility.

#### Tests included in the package:

- Leutinizing Hormone (LH), Follicle Stimulating Hormone (FSH), Prolactin, Estradiol and Progesterone tests.



## Cervical Cancer Screening Packages

The main cause of cervical cancer is persistent infection with high-risk types of human papillomavirus (HPV), an extremely common family of viruses that are transmitted through sexual contact. Cervical cancer develops in a woman's cervix (the entrance to the uterus from the vagina). Almost all cervical cancer cases (99%) are linked to infection with high-risk human papillomaviruses (HPV), an extremely common virus transmitted through sexual contact.

Although most infections with HPV resolve spontaneously and cause no symptoms, persistent infection can cause cervical cancer in women.

When diagnosed, cervical cancer is one of the most successfully treatable forms of cancer, as long as it is detected early and managed effectively. Cancers diagnosed in late stages can also be controlled with appropriate treatment and palliative care.

With a comprehensive approach to prevent, screen and treat, cervical cancer can be eliminated as a public health problem within a generation.

### 1) Package 1

**Rs 3,500**

This package is recommended for sexually active women over the age of 30 years.

*Tests included in the package:*

- ThinPrep Pap Smear and HPV by PCR

### 2) Package 2

**Rs 5,200**

This package is recommended for sexually active women aged between 30 and 60 years.

*Tests included in the package:*

- ThinPrep Pap Smear and HPV by PCR for HPV detection, **Ovarian cancer: CA 125**
- **Anaemia and infection: Full blood count**

No prior fasting is required.



## Polycystic Ovary Syndrome (PCOS)



Polycystic ovary syndrome (PCOS) is a common hormonal condition that affects women of reproductive age. It usually starts during adolescence, but symptoms may fluctuate over time. It can cause hormonal imbalances, irregular periods, excess androgen levels and cysts in the ovaries. Irregular periods, usually with a lack of ovulation, can make it difficult to become pregnant. PCOS is a leading cause of infertility and is a chronic condition which cannot be cured.

However, some symptoms can be improved through lifestyle changes, medications and fertility treatments.

PCOS a significant public health problem and is one of the commonest hormonal disturbances affecting women of reproductive age. The condition affects an estimated 8–13% of women of reproductive age, and up to 70% of cases are undiagnosed. Blood tests can be used to identify characteristic changes in hormone levels.

### *Tests included in the package:*

- Leutinizing Hormone (LH)
- Follicle Stimulating Hormone (FSH)
- Testosterone
- Dehydroepiandrosterone (DHEAS)
- Prolactin



## Pre-Menopause

During the pre-menopause phase, hormone levels fluctuate and decline, giving rise to new sensations, symptoms and changes. The pre-menopause package consists of different hormonal screenings which will help in identifying the phases of menopause as well as to monitor the normal health of women. This package is recommended for women who are in their 40s.

### *Tests included in the package:*

- Follicle Stimulating Hormone (FSH)
- Estradiol
- Thyroid Stimulating Hormone (TSH)
- T4
- Leutinizing Hormone (LH)
- Anaemia and infection: Full blood count

No prior fasting is required.

**Rs 4,900**



# MapMyGenome

## Genetic panel



**Unlock the power of DNA,  
unleash the best version of yourself.**

**1. MapmyGenome Health and Wellness Panel:** Rs 13,130

A comprehensive assessment of genetic risks for lifestyle diseases including cardiovascular, respiratory, immunological, diabetic, neurological and cancer risks.

**2. MapmyGenome Immunity Panel:** Rs 9,595

It will assess various factors which affects your body immune response such as health risks, nutritional needs, drug response, adverse effects to drugs and genetic susceptibility to severe infections such as Covid-19.

**3. MapmyGenome Fitness Panel:** Rs 13,130

This panel decodes genes which are linked to your personalised fitness and wellness assessment.

**4. MapmyGenome Nutrition Panel:** Rs 11,110

This panel determines your personalised diet & nutrition requirement including dietary sensitivities based on your genes.

**5. MapmyGenome Cardiovascular Panel:** Rs 11,110

This panel gives you a genetics-based cardiac risk profile, with your predisposition to common cardiovascular diseases and associated risk factors.

**6. MapmyGenome Ancestry Panel:** Rs 9,090

Delve into your genetic legacy by exploring your cultural, ethnic and geographical diversity.



# Non-Invasive Prenatal Testing



The Sage™ prenatal screen is a non-invasive prenatal test (NIPT) for pregnant women. It estimates the risk of a fetus having Down's syndrome and other genetic diseases. Carried out on a small maternal blood sample, the test enables pregnant women to get fast, safe and reliable results, reducing the need for other invasive tests and the associated risks, stress and anxiety.

## What does NIPT screen for?

### 1. Autosomal aneuploidies

- The Sage™ prenatal screen test estimates the risk of a fetus having Down's syndrome (Trisomy 21), Edwards' syndrome (Trisomy 18) and Patau's syndrome (Trisomy 13).

### 2. Sex chromosome aneuploidies

- In addition to the autosomal trisomies, the Sage™ prenatal screen may also report on sex chromosomal aneuploidies - (an extra or missing chromosome).
  - Monosomy X – Turner syndrome
  - XXX – Triple X syndrome
  - XXY – Klinefelter syndrome
  - XYY – Jacob's syndrome

### 3. Microdeletions

- A microdeletion syndrome is caused by the absence of a small portion of genetic material in the chromosome.
- This test screens for five different microdeletions syndrome such as DiGeorge Syndrome, 1p36 deletion syndrome, Angelman syndrome/Prader-Willi syndrome, Cri-du-Chat syndrome and Wolf-Hirschhorn syndrome.

### 4. Fetal sex determination

- Upon request, and in regions where fetal sex determination is permitted, the fetal sex can be determined with 99.9% accuracy.



## BRCA1 and BRCA2



BRCA genes, short for BREast CANcer genes, are a pair of genes called BRCA1 and BRCA2. These genes are crucial in suppressing tumors and repairing damaged DNA. Mutations in these genes can significantly increase the risk of developing breast, ovarian, and other types of cancer.

The genes most commonly affected in hereditary breast and ovarian cancer are the breast cancer 1 (BRCA1) and breast cancer 2 (BRCA2) genes. About 3% of breast cancers (about 7,500 women per year) and 10% of ovarian cancers (about

2,000 women per year) result from inherited mutations in the BRCA1 and BRCA2 genes.

Normally, the BRCA1 and BRCA2 genes protect you from getting certain cancers. But some mutations in the BRCA1 and BRCA2 genes prevent them from working properly, so that if you inherit one of these mutations, you are more likely to get breast, ovarian, and other cancers. However, not everyone who inherits a BRCA1 or BRCA2 mutation will get breast or ovarian cancer.

Everyone has two copies of the BRCA1 and BRCA2 genes, one copy inherited from their mother and one from their father. Even if a person inherits a BRCA1 or BRCA2 mutation from one parent, they still have the normal copy of the BRCA1 or BRCA2 gene from the other parent. Cancer occurs when a second mutation happens that affects the normal copy of the gene, so that the person no longer has a BRCA1 or BRCA2 gene that works properly. Unlike the inherited BRCA1 or BRCA2 mutation, the second mutation would not be present throughout the person's body but would only be present in the cancer tissue.

### Facts about BRCA genes and breast cancer:

1. BRCA 1 & BRCA 2  
Having the mutation in either of these genes increases a woman risk for breast and ovarian cancer.
2. 80% of women who inherit a mutation will develop Breast Cancer by the age of 70 years.
3. Inherited cancer test estimates your risk of getting cancer based on your family history.
4. BRCA1 and BRCA2 mutation status can also be checked for breast / ovarian cancer / prostate cancer patients in order to optimise their treatment.



## Inherited Cancer Panel



Hereditary cancer syndromes are genetic conditions that increase the risk of specific cancers. These syndromes result from mutations passed from parents to children. Families with hereditary cancer syndromes may exhibit certain patterns, like multiple close relatives having the same cancer type, early-onset cancer, or one individual developing two or more types of cancer. Recognizing these patterns is vital for early detection and personalised care. At C-Lab, we are offering a 134 genes panel with 99% cancer gene coverage for simple targeted sequencing for inherited cancers enabling rapid and efficient identification of inherited genetic variants in anyone with a possible risk for cancer.

### *How does the inherited cancer test work?*

- The patient's blood sample will be taken to perform the test by DNA sequencing.
- The patient has to go through the results report with a genetic counsellor or their preferred doctor for medical advice and lifestyle changes.

*Remember, you can inherit a gene mutation from either your mother or your father, so it is important to look at both sides of your family.*

**Rs 60,500**

**25**

## C-Care Group:

A caring team that puts you first C-Care is a leading provider of medical care in Mauritius and in the Indian Ocean region.

From our world-class facilities to our cutting-edge treatments, we strive for excellence and compassion in everything we do at C-Care, from the care we provide to the way we treat our patients and their families. We employ only the most qualified medical staff, use the latest technology and equipment, and follow strict standards of safety and cleanliness. Our goal is to provide our patients with the best possible experience, from the moment they walk through our doors until the moment they leave our care.

At C-Care, we believe that healthcare is about more than just treatment and cure. It is about caring for the whole person – mind, body and spirit. That is why our approach to healthcare is based on the philosophy of compassion, which means treating our patients and their families with kindness, understanding and respect.

C-Care is a Mauritian private healthcare group that owns and operates four healthcare facilities in Mauritius, namely C-Care Darné, Wellkin, Grand-Baie and Tamarin, and two hospitals in Uganda, C-Care IHK and IMC. C-Care also owns and manages the medical laboratory C-Lab & two pharmacies of C-Pharma.

### About C-Care Darné



Founded in 1953 by Dr. François Darné, C-Care Darné is one of the oldest and most renowned private hospitals in Mauritius. The hospital's state-of-the-art equipment, technology and infrastructure make it a trusted place to go for all your healthcare needs.

With a rich track record of over 70 years, C-Care Darné has always been at the forefront of medical care and innovations in Mauritius. Today, more than 150 doctors across 30 specialties and over 600 medical, paramedical and support staff work together to handle the health and well-being of patients in a caring and friendly environment.

### About C-Care Wellkin

C-Care Wellkin is acknowledged as the largest and most modern private hospital in Mauritius. Its state-of-the-art facilities and highly trained doctors and staff ensure that you or your loved ones are receiving the best care possible.

C-Care Wellkin is the largest and most modern private healthcare hospital in Mauritius. Since its foundation in 2009, it has revolutionised the landscape of healthcare by bringing the latest technologies and cutting-edge treatments to the region, benefiting both local and foreign patients.

C-Care Wellkin is part of C-Care since January 2017. The caring team counts 190 medical specialists and over 600 medical & support staff providing services in 40 specialties & sub-specialties all under one roof.



## About C-Care Grand Baie



C-Care Grand Baie is the medical partner of the North of Mauritius since 2014.

Recently relocated in a 2000 m<sup>2</sup> newly built facility in Mont Choisy Smart City. It now offers several medical services: Emergency department, Operation Theatre, Day Care, Radiology department (X-Ray, CT-Scan, Ultrasound) and an outpatient department mainly concentrated around Cardiology, General Surgery, General Medicine, Obstetrics & Gynaecology, Paediatric, Dentistry, Dermatology, & Sports Medicine.

C-Care Grand Baie operates an 24/7 Emergency department to treat any medical problem requiring urgent or emergency care by our experienced doctors, nurses, and medical team.

Our Emergency Department is backed by an Advanced Cardiac Life Support Ambulance (ACLS) to transfer patients if required to either C-Care Wellkin or C-Care Darné.

In case of accidents, trauma or life-threatening emergencies, dial 132 for our emergency service, available 24/7.

With a strong C-Care DNA, the best doctors and clinical team working together, C-Care Grand-Baie strives to continuously enhance the quality of care and the patient satisfaction in the country and the region.

Our mission is to deliver premium care with integrity and compassion.

## About C-Care Tamarin

C-Care Tamarin is a subsidiary of C-Care (Mauritius) Ltd, supported by two leading private healthcare institutions, C-Care Darné and C-Care Wellkin. It is located in District One, La Mivoie on the west coast of Mauritius, in Tamarin. With the opening of this new outpatient facility, we are committed to providing medical expertise to the locality with a high-quality service and a team of highly qualified and dedicated medical staff.



## C-Care Cancer Centre

Situated within a recently constructed facility at C-Care Darné, the C-Care Cancer Centre provides a comprehensive range of medical services. These services are strategically distributed across various floors



to ensure personalised and specialised treatment for our patients. Our team consists of experts who specialise in specific types of cancer, understanding the intricate genetics of each disease. With the support of C-Lab, the laboratory arm of C-Care, we delve deep into the genetic makeup of your illness, allowing for targeted and effective treatments. This patient-centric approach is woven through every aspect of your care, from diagnosis to treatment and beyond, ensuring that you receive the most advanced and compassionate care available.

# Frequently Asked Questions (FAQs) from patients



## 1) Do I have to fast before my blood test?

You need to fast only if you have ordered a package which includes fasting blood glucose or lipid profile test. This means that you cannot eat anything 10-12 hours prior to your test.

## 2) Can I drink water? Is it considered fasting?

Yes. You can drink clear water, it will not affect your fasting.

## 3) Can I take my usual medications?

You can take your usual medications, unless otherwise instructed by your doctor.

## 4) When will results be ready?

Each test has a different turnaround time for results. Most routine tests are ready the same day, while some may take 2-3 days or even 7-10 days for example in case of a Pap smear.

## 5) Is the process of blood taking painful?

Our staff has been trained by experts to minimise pain and maximise patients' comfort. The collection set used by our team is world-class designed for safety and comfort of patients. C-Lab is the only Lab in Mauritius to use the single pack safety blood collection sets with holder. It is very beneficial for people who have less accessible or smaller veins (especially seen in the elderly or chronically ill patients).

## 6) Can I have coffee if I am having a fasting test?

No, you can only have clear water prior to a fasting test for 10-12 hours.

## 7) I did not fast for a fasting test. Can I have my blood drawn anyway?

Since tests results may be influenced by what you eat or drink, we prefer that you do not have your blood drawn if your package mentions that fasting is required.

## 8) Am I at risk of catching any disease by having my blood taken for a blood test?

No, we use single-use sterile blood collection sets with holder when taking blood samples from patients. Our specimen collection staff are highly trained in infection control protocols.

## 9) How can I learn more about lab tests?

You can ask for any queries or information about tests or results to our C-Lab representatives in person, via phone call, via email, via sms or via C-Care App.

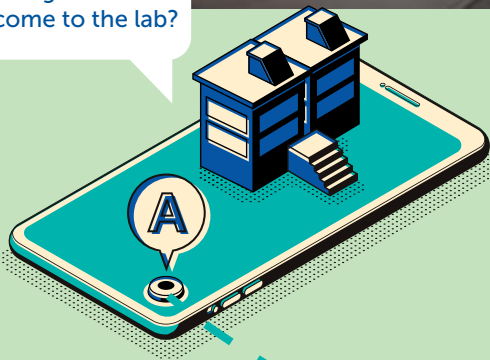
## 10) Do I need an appointment to do a test?

No, you do not need an appointment for the test. You are welcome to walk in at your convenience to complete the test.

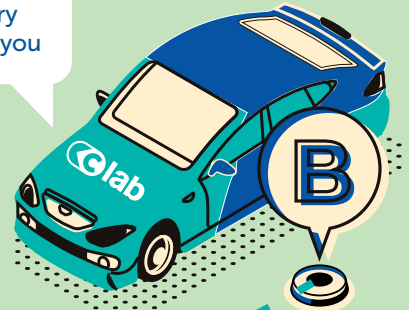
# HOME COLLECTION SERVICE



Finding it difficult to come to the lab?



Don't worry we come to you



Contact us on ☎ 86888



Wherever you are in Mauritius, you can now find a C-Lab Collection centre or request a home collection.

