

HOSPITALS, PHYSICIANS, LABORATORIES, PHARMACIES, AND VETERENARIANS ISLAMABAD & RAWALPINDI, PAKISTAN

HOSPITALS

SHIFA INTERNATIONAL HOSPITAL LTD

Address: Sector H-8/4, Islamabad

Phone: (051) 846-4646 / 846-3000

<http://www.shifa.com.pk/>

PAKISTAN INSTITUTE OF MEDICAL SCIENCES - ADULT HOSPITAL

Address: Sector G-8/3, Islamabad

Phone: (051) 926-1170 (main switchboard)

Hotline: (051) 926-1268 / (051) 926-1269

Assistant Director-On-Call – (051) 926-0470

<http://www.pims.gov.pk/>

PHYSICIANS

ALLERGY / ASTHMA / IMMUNOLOGY

Dr. Shahid Abbas, Consultant Allergy

X-Chief, Allergy & CTDRD, National Institute of Health (NIH)

Clinic: "Allergy Centre and DNA Lab", Khyber Plaza, Blue Area

Phone: (051) 227-5210

ANESTHESIOLOGISTS

Dr. Shawkat Mohammad Ali Matabdin, Anesthesiologist

Affiliation: Shifa International Hospital, H-8/4, Islamabad

Phone: (051) 846-4646

CARDIOLOGISTS

Dr. Habib-Ur-Rahman

Affiliation: Shifa International Hospital, H-8/4, Islamabad

Phone: (051) 846-4646

Dr. Iqbal Saifullah Khan, Cardiologist

Affiliation: PIMS Hospital

Phone: (051) 926-0330, (051) 926-1170, ext. 2991, ext. 2349 (Cardiac Ward) Ext. 2236 (CCU)

(051) 926-0329 (Angiography Dept.)

Clinic: Kulsum Hospital, Cardiovascular Clinic, 3rd Floor, Kulsum Plaza, 42 Blue Area

Phone: 2271154

Dr. M. Arshad Khan, Cardiologist, Internist

(Aviation Medicine Specialist)

Clinic: 20, First St., F-6/3, Islamabad

8 am to 2 pm and 5 pm to 6:30 pm

Phone: (051) 282-9666/(051) 287-6866, Fax: (051) 227-0066

CHIROPODIST / PODIATRIST

Nasir Lodhi

Foot Comfort Services

F-8 Markaz (next to Ali Medical Center)

Phone: (051) 225-5490, Mobile: (0300) 519-7848

DENTISTS/ORTHODONTISTS/ORAL SURGEON/PERIODONTISTS

Dr. Zafar Ahmed Niazi, and Associates, Dentists

Clinic: House # 3, Street 24, 7th Ave, F-6/2, Islamabad

Phone: (051) 227-4300-2, Hrs. 9 am - 5 pm

Dr. Amin ur Rahman, Periodontist and Implantology

Clinic: Rahman & Rahman Dental Surgeons

No. 6-A, Street 54, F-8/4

Phone: (051) 225-2963 / (051) 225-2983, FAX: (051) 225-3069

Dr. Anis ur Rahman & Associates, Dentist & Oral Surgeon

Dr. Noeen Arshad, Pediatric Dentistry/Orthodontist

Clinic: Suite 12, Karakoram Enclave 2, Main double Road, F-11/1

Phone: (051) 211-2737

9 pm - 5 pm (except Sat. & Sun.)

Mobile: (0300) 854-0471

Dr. Shahid Mahmood, Endo-Dentist / Restorative Dental Surgeon

Clinic: Dental Profiles

House 170-B, Street 68, F-10/3, Islamabad

Ph.: (051) 229-9991

Dr. Raja Mustafa Hyder, Orthodontist

Work: (morning hours) KRL Hospital, Islamabad

Ph.: (051) 926-7151/54,

Clinic:

House 4, Street 13, F-8/3, Islamabad

Ph.: (051) 2856 420

Home: 2A (Annex), Street 18, F-6/2

Ph.: (051) 227-137 / (051) 282-9294

Dr. Abrar –Ul-Hussnain Syed, Implantologist/ Dental Surgeon

Clinic: Dr. Abrar and Associates

House 25, School Road, F-7/1, Islamabad

Ph.: (051) 265 1922, (051) 265-2697- Fax: (051) 265-1570

DERMATOLOGISTS

Dr. Hamid Zeb, Dermatologist

Affiliation: Capital Hospital, Islamabad

Phone: 9221334-39,

Clinic: 'The Specialist Clinic', 18-D, Mushtaq Mansion, Blue Area,

Hrs.: 6 pm - 8 pm. Phone: (051) 227-8747/ FAX: (051) 922-4377

Dr. Samina Sohail, Dermatologist

The Aesthetic Laser Clinic

Nazimuddin Road, F 8/4, house 76

Phone: (051)225-2017

Dr. Nosheeba Salman, Aesthetic Dermatologist

Affiliation: IDC

F-8 Markaz

Phone: (051) 281-7272

Dr. Rashid A. Chaudhry, Dermatologist

Affiliation: Shifa International Hospital, H-8/4, Islamabad

Phone: (051) 846-4646

Dr. Rahat Ullah Khan Khattak, Dermatologist

Clinic: Flat No.2, First Floor, Khyber Plaza

Blue Area, Islamabad

Phone: (051) 282-9337

ENDOCRINOLOGY

Dr. Nasim Yousaf, Endocrinologist

Affiliation: Shifa International Hospital, H-8/4, Islamabad

Phone: (051) 846-4646

Dr. Shaheen Nazli Endocrinologist

Clinic: House 717, Street 82, I-8/2, Islamabad

Tel.: (051) 443-3735

Friday Sunday - Full day, with appointment

Mon Tue Thu Sat 6:00 - 8:00 p.m. with appointment

Dr. M. Saleem Qureshi, Diabetes Specialist

The Diabetes and Liver Clinic

Works at IDC 8 PM to 10 PM daily

11 Hill Road, F-6/2

Phone: 282-5659

GASTROENTEROLOGISTS

Dr. Nasir Khokhar, Gastroenterologist

Affiliation: Shifa International Hospital, H-8/4, Islamabad

Phone: (051) 846-4646

Dr. Asghar A. Durrani, Gastroenterologist

Affiliation: Fauji Foundation Hospital, Rawalpindi

Phone: (051) 578-8150

Clinic: Suffolk Hospital, 168 Adamjee Road, Saddar, Rawalpindi

Phone: (051) 556-5071

Dr. Javed Iqbal Butt, Gastroenterologist

Affiliation: PIMS Hospital (morning)
Phone: (051) 926-1170, (direct) - (051) 926-1198
Clinic: Civic Centre, Melody Market

Dr. Muzaffar Latif Gill, Gastroenterologist

Affiliation: Ali Medical Center, Islamabad

INTERNISTS & GENERAL PRACTITIONERS

Dr. Shaukat M. Malik, Internist/Cardiologist

Clinic: 12, St.-30, F-6/1, Islamabad, 5.30 to 8.30 p.m.
Phone: (051) 282-8556
Ali Medical Center: (051) 225-5313 (morning hours)

Dr. Mazhar Mufti, Internist

Affiliation: Shifa International Hospital, H-8/4, Islamabad
Phone: (051) 846-4646

Dr. Kashaf Aziz, General Practitioner

Private Practice: Consultants Place (above Excel Labs)
The Reshi Building
110 Fazal Ul Haq Road, Blue Area
Appointments: (051) 831-1020
Hours: Mon-Wed 4PM to 6PM , Thursday & Friday All day

Dr. Ahmad Shahab, "Dr. Bobby", General Practice

Clinic: House 4, St 63, F-7/3
Office: (051) 825-5891

INTERNISTS /INFECTIOUS DISEASE SPECIALISTS

Dr. Mahmud Haider Javid, Infectious Diseases Specialist

Affiliation: Islamabad Travel Clinic, Islamabad
H. No. 35 A, Main College Road, Within BCL, F-7
Phone: (051) 260-9333; (051) 260-9334
islamabadtravelclinic@gmail.com

NEPHROLOGISTS

Dr. Sayeed Ahmed Khawaja, Nephrologist

Affiliation: Shifa International Hospital, H-8/4, Islamabad
Phone: (051) 846-4646

Dr. Mujtaba Quadri, Nephrologist

Affiliation: Shifa International Hospital, H-8/4, Islamabad

Phone: (051) 846-4646

NEUROLOGISTS

Dr. Ismail Khatri, Neurologist

Affiliation: Quaid-e-Azam International Hospital, Rawalpindi

(051) 844-9100-59

Dr. Azhar Saeed, Neurologist

Affiliation: Shifa International Hospital, H-8/4, Islamabad

Phone: (051) 846-4646

Dr. Mohammad Tariq, Neurologist

Affiliation: PIMS Hospital

Phone: (051) 926-1170

NEUROSURGEONS

Dr. Inayat Ullah Khan, Neurosurgeon

Affiliation: Shifa International Hospital, H-8/4, Islamabad

Phone: (051) 846-4646

Dr. Khaleeq uz Zaman, Neurosurgeon

Affiliation: PIMS Hospital

Phone: (051) 926-1170

Clinic: Ali Medical Center (evenings)

Phone: (051) 225-5313

Brig. Dr. Nazeer Ahmed Qureshi, Neurologist/Neurosurgeon

Affiliation: Combined Military Hospital

Phone: (051) 561-32603; (051) 561-30155 (direct)

Home Ph.: (051) 561-32155

OBSTETRICS/GYNECOLOGY

Dr. Salma Kafeel Qureshi, OB/GYN

Clinic: House 11, St. 54, F-7/4, Islamabad

Phone: (051) 265-5512 / (051) 265-5513 (9:30 a.m. to 5:00 p.m.)

Dr. Yasmeen Mehmooda, OB/GYN

Affiliation: Medics Islamabad
1st Floor, Low Rise, Saudi Pak Tower
61-A Jinnah Avenue
Phone: (051) 280-0111, (111) 111-125
Fax: (051) 280-0112
yasmeen@medicsi.com
www.medicsi.com

Dr. Khurshid S. Raja, OB/GYN

Affiliation: Shifa International Hospital, H-8/4
Phone: (051) 846-4646

Dr. Ghazala Mahmood, OB/GYN

Affiliation: Shifa International Hospital, H-8/4
Phone: (051) 846-4646

ONCOLOGY/HEMATOLOGY

Dr. Muhammad Ali Afridi

Affiliation: Shifa International Hospital, H-8/4, Islamabad
Phone: (051) 846-4646

OPHTHALMOLOGISTS

Dr. Zeba Ilyas Matin, Ophthalmologist

Affiliation: Shifa International Hospital, H-8/4, Islamabad
Phone: (051) 846-4646

Prof. Dr. M. Yasin K. Durrani, Ophthalmologist

Affiliation: Rawalpindi Medical College/Rawalpindi General Hospital
Clinic: Capital Clinic, Shook Al-Hashar Plaza Basement, F-10/4 Markaz Islamabad
Phone: (051) 229-4192

Dr. Bashir Ahmed Chohan

Clinic: Chohan Eye Clinic, Nazim-ud-din Road, F-8/4
Phone: (051) 225-1882; (051) 225-5773, 8:30 a.m. – 12:30 p.m., 5:30 – 8:30 p.m.,

ORTHOPEDIC SURGEONS

Dr. Aly Khokhar, Orthopedic Surgeon

Affiliation: Capital Hospital Islamabad (mornings)

Phone: 9221334

Clinic: Mahroof Hospital, F-10

Phone: (111) 644-911 Ext- 1066

Dr. Aamer Nabi Nur, Orthopedic Surgeon

Affiliation: Shifa International Hospital H-8/4

Phone: (051) 846-4646

Dexa Scan

Osteoporosis Diagnostic Center

Islamabad Private Hospital

38-E Zahoor Plaza, Blue Area

Phone: (051) 227-2350/51

OTOLARYNGOLOGISTS (ENT)

Dr. Mohammad Zafar Rabbani

Affiliation: Shifa International Hospital H-8/4

Phone: (051) 846-4646

Dr. Wajahat Bangash, ENT

Affiliation: PIMS Hospital (morning)

Phone: 9261170

Clinic: Hyder Clinic, # 26, St. 85, G-6/4

Phone: (051) 227-8495

Affiliation: Kulsum Hospital, ENT Clinic, Kulsum Plaza, 42 Blue Area

Tel: (051) 844-6666

PEDIATRICS

Prof. Dr. Mumtaz Hassan, Pediatrics

Affiliation: PIMS – Children's Hospital

Phone: (051) 926-0450

Dr. Ejaz Khan, Pediatric Infectious Disease

Affiliation: Shifa International Hospital, H-8/4, Islamabad

Phone: (051) 846-4646

PHYSICAL THERAPIST

Anja Schmitz, Physiotherapist

House 11, Street 48, F-8/4

PLASTIC SURGEONS

Dr. Saleem Malik, Plastic Surgeon

Affiliation: Shifa International Hospital, H-8/4, Islamabad

Phone: (051) 846-4646

PSYCHIATRISTS

Dr. Ambreen A. Ahmad, M.D.

Child and Adult Psychiatrist.

Tel: (051) 831-1020

PULMONOLOGY

Dr. Shazli Manzoor, Pulmonary & Critical Care

Affiliation: Quaid-e-Azam International Hospital, Rawalpindi

(051) 844-9100-59

Dr. Aftab Akhtar, Pulmonary & Critical Care

Affiliation: Shifa International Hospital, H-8/4, Islamabad

Phone: (051) 846-4646

RHEUMATOLOGY

Dr. Abed Farooqi, Rheumatologist

Affiliation: PIMS Hospital

Phone: 9261170, 9260112 (direct)

Clinic: First Floor, Mushtaq Mansion, 18- D, Fazal Ul Haq Road, Blue Area, Islamabad

Phone: (051) 227-8928 (appointments) (051) 227-3270, FAX (051) 227-3258

SURGEONS

Dr. Mohammad Aamir, General Surgeon

Affiliation: Shifa International Hospital, H-8/4, Islamabad

Phone: (051) 846-4646

Dr. Mohammad Shafique, General Surgeon

Affiliation: PIMS Hospital

Phone: (051) 926-1170, (051) 926-0115 (Direct)

Prof. Mohammad Mussadiq Khan, Vascular Surgeon

Affiliation: Holy Family Hospital, Rawalpindi

Phone: (051) 929-0322

Visiting surgeon at Shifa International Hospital

Phone: (051) 846-4646

SOS REPRESENTATIVE IN ISLAMABAD

Dr. Mohammad Arshad Khan, Cardiologist, Internist (Aviation Medicine Specialist)

Clinic: House 20, Street, 1 F-6/3, Islamabad

Phone: (051) 282-9666 / (051) 287-6866

UROLOGISTS

Dr. Syed M. Kamran Majeed, Urologist

Affiliation: Shifa International Hospital, H-8/4, Islamabad

Phone: (051) 846-4646

Dr. Saeed Akhtar, Urologist (Kidney Transplant Surgeon)
Affiliation: Shifa International Hospital, H-8/4, Islamabad
Phone: (051) 846-4646

LABORATORIES

Excel Labs

The Reshi Building, 110 Fazal-E-Haq Road, Blue Area
Phone: (051) 831-1000
Dr. Sajida Naseem –Dietary Management of Diabetic Patients
Dr. Faisal Saleem, Ultrasonologist
Dr. Nadeem Naeem, Cardiologist
<http://www.excel-labs.com/>

Islamabad Diagnostic Centre (IDC)

13-A, Khayal Plaza, F-8 Markaz
Phone: (051) 226-3737 / (051) 226-3939, FAX: (051) 225-1212
Services: Lab, X-ray, CT Scan, MRI, MR Mammography, Standard Mammography (2000Rs), Bone Density (2000Rs), Echo & Doppler tests available.
<http://www.idc.net.pk/>

PHARMACIES

SHAHEEN CHEMISTS

Super Market, Islamabad
Phone: (051) 282-4759; (051) 222-0337; (051) 287-4335

D-WATSON CHEMISTS

Super Market, Islamabad
Phone: (051) 282-7001; (051) 282-7534; (051) 287-7001; (051) 220-6001

SHIFA HOSPITAL PHARMACY

Sector H-8/4, Islamabad
Phone: (051) 846-4646

WILSON CHEMISTS

Saddar - Near GPO, Rawalpindi
Phone: (051) 556-4091