

Recommended Labs

Comprehensive Metabolic Panel (Chem 14)

Glucose, Serum
BUN
Creatinine, Serum
eGFR
Bun/Creatinine Ratio
Sodium, Serum
Potassium, Serum
Chloride, Serum
Carbon Dioxide, Total
Calcium, Serum
Total Protein, Serum
Albumin, Serum
Globulin, Total
A/G Ratio
Bilirubin, Total
Alkaline Phosphatase
AST (SGOT)
ALT (SGPT)

Iron Panel

Total Iron Binding Capacity (TIBC)
Unsaturated Iron Binding Capacity (UIBC)
Iron, Serum
Iron Saturation
Ferritin, Serum

Lipid Panel

Total Cholesterol
Triglycerides
HDL Cholesterol
LDL Cholesterol
VLDL Cholesterol
Cholesterol/HDL Ratio

Thyroid Panel - Advanced

TSH - Thyroid Stimulating Hormone
Thyroxine (Total T4)
Thyroxine (Free T4), Direct
Triiodothyronine, Total (Total T3)
Triiodothyronine, Free (Free T3)
T3 Uptake
Free Thyroxine Index (T7)
Reverse T3
Thyroid Peroxidase (TPO) Antibody
Thyroglobulin Antibody

Complete Blood Count (with differential)

WBC
RBC
Hemoglobin
Hematocrit
MCV
MCH
MCHC
RDW
Platelets
Neutrophils (% and abs)
Lymphocytes (% and abs)
Monocytes (% and abs)
Eosinophils (% and abs)
Basophils (% and abs)
Immature Granulocytes (% and abs)

Additional

Hemoglobin A1c
Fasting Insulin
Vitamin B12
Folate, Serum
Methylmalonic Acid (MMA), Serum
RBC Zinc
RBC Magnesium
RBC Folate
GGT
Uric Acid, Serum
Phosphorus, Serum
Magnesium, Serum
LDH (Lactate Dehydrogenase)
C-Reactive Protein (CRP), Cardiac (HS)
Homocysteine, Plasma
Vitamin D, 25-Hydroxy
Fibrinogen Activity

Urinalysis

Complete Urinalysis with Microscopic Examination

Note: Please do not eat anything by mouth after midnight. Water is fine however no coffee or tea. Morning thyroid meds are fine. Discontinue supplements at least three full days prior to testing. Testing is recommended to be scheduled first thing in the morning. Bring a healthy snack with you so you can have that immediately after your blood draw.