

Laboratory Schedule: Planned Care for Common Medical Problems

Please have your labs drawn 2 or 3 days prior to seeing your doctor or nurse practitioner.

Q: Should I be fasting?

A: If you are having a fasting blood sugar (Fgluc) or a lipid panel (Cholesterol test) you should not eat or drink anything except water, coffee, or tea (no milk, creamer, or sugar) after midnight the night before you come in for your lab test.

For all other tests you may enjoy a light breakfast of whole grain cereal with non fat milk, yogurt, or fruit before your lab test and for every morning after your lab test.

High Blood Pressure	Baseline EKG Q 12 months: CBC, FBMP, U/A, Fasting lipids, serum albumin, Cr. Cl.
Diabetes	Baseline EKG Q 3 months: Hgb A1c. Q 6 months: FBMP, Lipids. Q 12 months: Microalb, Cr. Cl.
Hyperlipidemia	Q 12 months: Fasting Lipids.
Hyperlipidemia with Statin med.	Q 36 months: Fasting Lipids. Q 6 months: LFTs
Low Thyroid	Q 3 months: Following dose change. Q 12 Month: TSH
Blood Thinners	As requested: Protime (minimum Q 12 Months)
Obesity	Baseline TSH Q 12 mo. Fasting lipids, glucose

Key to Abbreviations and Terms:

BMP = basic metabolic panel = blood salts, kidney function, and blood sugar.

CBC = complete blood count.

Cr. Cl. = measure of kidney function.

FGLUC = fasting blood sugar.

Glucose = blood sugar.

Hyperlipidemia = high cholesterol or high triglycerides.

Lipids = cholesterol and triglycerides = circulating blood fats.

LFTs = Liver Function Tests.

Protime = one measure of clotting time.

PSA = prostate specific antigen.

Q = "every".

Serum Albumin = blood protein level.

Statin Med = cholesterol lowering medicines. **TSH** = thyroid stimulating hormone. **U/A** = urinalysis.

WNL = "within normal limits."