

Suggested Fasting Blood Tests

1. Standard CBC (RBC, Hb, Hct, MCHC, MCV, Platelets, WBC and WBC Differential Neutrophils, Lymphocytes, Monocytes, Basophils, Eosinophils)
2. Glucose
3. HbA1c (Fructosamine is optional)
4. Total cholesterol
5. LDL-cholesterol
6. HDL-cholesterol
7. Total cholesterol to HDL-cholesterol ratio
8. Triglycerides
9. Uric Acid
- 10.hsCRP
- 11.ESR
- 12.Serum ferritin
- 13.Albumin
- 14.Total bilirubin
- 15.Fibrinogen
- 16.Blood urea nitrogen (BUN)
- 17.Creatinine
- 18.eGFR
- 19.ALT
- 20.GGT
- 21.TSH (T3 and T4 if indicated)
- 22.RBC Folate
- 23.Serum Vitamin B12
- 24.Cortisol
- 25.PSA (men over 40)
- 26.Testosterone (men) – if indicated
- 27.IGF-1 (if indicated)
- 28.Estrogen/Progesterone (women) – if indicated
- 29.Potassium
- 30.Sodium
- 31.Chloride
- 32.Homocysteine (often not covered by government health plan)
- 33.Vitamin D (often not covered by government health plan)