



Choice Care

by

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Private Medical Services

WHAT DO I DO IF I AM SCHEDULED FOR LAB WORK?

- 1) Please ask if you must fast (and that means after midnight).

In general fasting is required when lipid (cholesterol) studies are being done.

Sometimes, hormone studies require fasting specifically insulin levels, ACTH levels, Cortisol levels, or Prolactin levels. NTX (a urine test) is best done on a morning urine but not necessarily a fasting urine.

- 2) If you are asking to collect urine for 24 hours, we mean ALL YOUR URINE FOR 24 HOURS.

Deposit your first morning urine into the toilet, then collect every last drop of urine for the next 24 hour including the first morning on the second day and bring the bucket to us.

Your blood will be drawn on that morning so don't just leave the urine without speaking with Cathy and allowing her to draw your blood.

Please use only the containers that we provide. You may ask for 2 containers, of course.

- 3) What if I am having a 2 – hour glucose tolerance test?

Please come to the office fasting after midnight.. You will be asked to drink a very sweet drink immediately after your blood has been drawn. Your blood will be drawn in 30 minutes and again in 30 minutes. Finally, your final blood draw will be 2 hours after your first draw (or 60 minutes after the third draw) and you may go home. Please take some food on the way out. Do not drive without having a bite to eat or drink.

- 4) What if the area where my blood is drawn bleeds or swells?

Immediately apply pressure and ice. You may call the office if the bleeding doesn't stop or if you have further concerns.

Allow 5 business days and if you have not heard from us confirming the result of your lab, please call the office. Allow 14 days for the VAP results and 72 hours for culture results.

Lab is usually drawn several weeks prior to your yearly physical in order to allow plenty of time to the get results prior to your visit. In addition, diabetics should have their blood drawn every 3 months. People taking Coumadin should have their blood drawn monthly. Patients taking cholesterol lowering medications should have their liver enzymes checked a month after initiating the medication and a month after any dose change. Lipids are rechecked 60-90 days after the initiation of a medication or the changing of the dose.

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