

My Choice Labs – TEST GUIDE

Livingston HealthCare offers a select menu of lab tests through our My Choice Lab Tests service. This direct access testing provides a convenient and cost-effective way for you to monitor certain health conditions or gain insight into your personal health without a doctor's order.

Direct Access Testing is an important resource but should not be substituted for care and treatment by a medical provider. You should make an appointment with your provider to discuss your test results. Direct access testing is not intended for individuals with serious medical conditions requiring close monitoring by a physician.

My Choice Lab Testing is available on a walk-in basis, no appointment necessary, 7 days a week from

7:30 a.m. to 6:30 p.m. Payment is due at the time of service.

Test Descriptions and Patient Instructions

Blood Type (ABO Blood Type/Rh Blood Type): Classifies the ABO type and Rh type of a person's blood. It will determine if you are **type A, B, AB, or O** and if you are **Rh-negative or -positive**.

Complete Blood Count (CBC): This is an essential comprehensive blood panel that screens for the total number and types of white blood cells, red blood cells (with hematocrit and hemoglobin levels), and platelets. Each cell type performs different functions. A CBC may be used to help diagnose a range of health conditions including **anemia, infection, inflammation, bleeding disorder** or **leukemia** and monitor the body's response to medical treatments. **Part of General Wellness Panel.**

Comprehensive Metabolic Panel (CMP): This offers a broad look at different functions in the body and may check for conditions such as **diabetes, liver disease, and kidney disease**. The CMP may also be ordered to monitor known conditions such as **hypertension**, and to monitor people taking specific medications for any kidney- or liver-related side effects. What it measures: Electrolytes – Sodium, potassium, chloride, and bicarbonate; kidney function – blood urea nitrogen (BUN) and creatinine; liver function – albumin, total protein, and liver enzymes (such as ALT and AST); blood sugar (glucose), calcium and ALP (liver and bone disease) **Part of General Wellness Panel.**

C-Reactive Protein (CRP): The CRP test measures the amount of CRP in your blood. CRP is a type of protein that is associated with **inflammation** in the body. Doctors can use CRP levels to monitor inflammatory processes seen in some autoimmune diseases or screen for and guide treatment of bacterial infections.

FIT (Fecal Immunochemical Test): The Fecal Immunochemical Test (FIT) looks for hidden blood in stool. It is **one option for colon cancer screening**. It may be used if you have an average risk of colon cancer and no symptoms. The FIT is typically done every year. It is a simple test that requires no preparation. Consult with your doctor about which screening test might be right for you, especially if you have symptoms or are at higher risk for colon cancer. An FIT kit may be taken home to collect a stool sample and mailed or returned to LHC laboratory.

Ferritin: Ferritin is a protein that stores iron. It is the primary iron form inside cells. It is a necessary nutrient for the production of healthy red blood cells and oxygen distribution throughout the body. It is also an acute phase reactant, which means that ferritin levels circulating in your blood increase with infection and inflammation. Serum Ferritin may be used as an aid in diagnosing **iron deficiency** and **iron overload conditions**. Ferritin levels must be carefully interpreted by your doctor and are often interpreted together with other laboratory value such as iron studies, liver function tests, or CBC results.

Folate (Folic Acid): Folate is one of the B vitamins the body uses for several important functions in the body, including making DNA, your unique genetic code. Low levels of Folate or Folate deficiency can lead to changes in your health. A Folate test can help determine the cause of **anemia** or aid in the diagnosis of **malnutrition** or **malabsorption**. It can be ordered with Vitamin B12 on the My Choice Lab test menu. **This test should not be performed on patients who have recently received methotrexate or other folic acid antagonists. No Biotin supplementation >48 hours prior to collection.**

Free T4 (Free Thyroxine): Free Thyroxine is the active form of the T4 hormone that circulates through the blood and is available to enter tissues and affects their function. Free T4 is measured with Thyroid-Stimulating Hormone (TSH) when thyroid function disorders are suspected. Elevations in Free T4 can indicate **hyperthyroidism (overactive thyroid)**; decreases can indicate **hypothyroidism (underactive thyroid)**. It can be ordered with a TSH if you have symptoms of a thyroid problem such as fatigue, weight changes, or changes in energy levels. It can be ordered as a follow up to abnormal thyroid blood tests like TSH. **No Biotin supplementation >48 hours before collection.**

Free T3 (Free Triiodothyronine): Free T3 is a **second- or third-level test of thyroid function**. It may be used to confirm hyperthyroidism or further assess thyroid function and may be ordered to help monitor a known thyroid disorder. In a small number of hyperthyroid patients, only T3 levels are elevated. **No Biotin supplementation >48 hours before collection.**

General Wellness Panel: This panel includes **Complete Blood Count with diff (CBC, Blood Count)**, **Comprehensive Metabolic Panel**, **Lipid Panel**, **TSH**. These tests provide a **comprehensive screening of your overall health**, helping to identify a wide range of potential health issues. Each test may be ordered separately as needed, if this panel is not ordered. **10 to 12 hour fast recommended (water and black coffee okay), no supplements 24 hours before collection; no Biotin supplements >48 hours before collection.**

Hepatitis B Ab Titer (Immune status): This test may be used for testing individuals to evaluate **post-vaccination immunity status** or **post-acute infection status** of hepatitis B virus. Health care workers, students needing to provide proof of immunity, individuals at risk of exposure to HBV and those planning to travel to areas with high hepatitis B prevalence may want to order this test to assess their immune status.

Hgb A1c (Hemoglobin A1c): HgbA1c estimates how much blood glucose (blood sugar) has been in your bloodstream over the last three months. It can be used to **screen for diabetes** or keep track of how well diabetes is being controlled.

Iron (Serum Iron): This test measures your iron blood level. It may be used as a screening but usually is ordered if your provider suspects you may have an **iron deficiency (anemia)** or **overload**. Iron is an essential nutrient in your body and is used in the production of healthy red blood cells. It is a vital part of hemoglobin, the protein in red blood cells which carries oxygen from your lungs to the cells in the body. This may be ordered as part of the **Iron Panel (Iron, TIBC)** in the My Choice lab tests menu. A ferritin test may also be added to further monitor for iron deficiency or iron-overload.

Iron Panel (Iron, TIBC): This panel includes *Iron, Serum Iron, Total Iron Binding Capacity (TIBC) and Transferrin Saturation*. This panel may be used to assess the amount of iron circulating in the blood, the total capacity to transport iron, and the amount of stored iron in the body. Together, these tests can help identify **iron deficiency, iron deficiency anemia, or iron overload**. **10 to 12 hour fast recommended (water or black coffee okay), no iron supplements 24 hours before collection.**

Lipid Panel: A Lipid Panel measures total cholesterol, triglycerides, and HDL (High Density Lipoprotein) cholesterol. It provides screening associated with **cardiovascular risk**. Certain risk factors such as age, smoking status, diabetes, hypertension, and cholesterol levels can be used to evaluate the risk of **cardiovascular diseases** such as **heart disease, heart attack, and stroke**. **10 – 12 hour fast recommended (water or black coffee okay). Part of General Wellness Panel.**

Measles (Rubeola) IgG: Used to determine the **immune status** of individuals to the measles virus. **Part of MMR Panel.**

MMR Immunity: Used to determine the **immune status** of individuals to the Measles, Mumps and Rubella viruses. May be indicated for employment or student records.

Prostate Specific Antigen (PSA): PSA is a type of protein produced by cells in the prostate. Useful as an aid in the detection of **prostate cancer** in men 50 years and older. PSA test also helps diagnose **noncancerous prostate disease** and as an aid in the prognosis and management of individuals diagnosed with prostate cancer or prostate disease.

Quantiferon Gold (Tuberculosis, Tb test): This is an indirect test for **Mycobacterium tuberculosis infection**, to be used in conjunction with risk assessment, radiography, and other medical and diagnostic evaluations. It can only show that a person has immune system reactivity to Mycobacterium tuberculosis. It is not recommended for use for diagnosis of active tuberculosis infections. It may be ordered as a screening for individuals who need evidence of a negative TB test for school or employment, you suspect you have been exposed to Tb or reside in a high-risk area. Pregnant women at high risk for Tb, including those with a weaker immune system due to certain medications or health conditions such as diabetes, cancer, or HIV, those exposed to someone with active Tb, should be tested for TB infection. Abnormal results should be evaluated with your provider during a scheduled appointment.

Testosterone: This test will detect low or high testosterone hormone levels in the blood. Testosterone levels outside of a normal range can cause changes to health and appearance, erectile dysfunction, infertility, low sex drive. Measuring this hormone level can help diagnose health conditions that can affect **hormone levels** and can be used to **monitor treatment** by tracking testosterone levels. **It is recommended that testosterone levels be measured before 10 am. If tracking levels over time, consecutive blood draws should be collected at approximately the same time of day.**

Thyroid Stimulating Hormone (TSH): The test of choice for evaluating thyroid function and/or symptoms of **hyperthyroidism** or **hypothyroidism**. Whether high or low, an abnormal TSH indicates either an excess or deficiency in the amount of thyroid hormone available to the body, but it does not indicate the reason why. An abnormal TSH test result is usually followed by additional testing to investigate the cause of the increase or decrease and may include Free T4 or Free T3. **No Biotin Supplements >48 hours before collection. Part of General Wellness Panel.**

TIBC (Total Iron Binding Capacity): TIBC measures the total amount of iron that can be bound by transferrin proteins in the blood and helps your provider know how well the protein transferrin is carrying iron in the blood. TIBC can be used to see if you have **too much** or **too little iron in your blood** and is ordered as **part of the Iron panel**.

Transferrin Saturation %: Transferrin saturation is measured indirectly (or converted by calculation) from Iron and TIBC measurements from the Iron Panel. Transferrin, produced in the liver, is the main protein in the blood that binds iron and transports it throughout the body. Transferrin saturation % indicates how much of the available transferrin is carrying iron and it is a useful measurement for diagnosing **iron-related disorders**. Since Transferrin is produced in the liver, changes in liver function from liver disease must be considered when interpreting this test. It is not ordered separately, only as **part of the Iron Panel**.

Uric Acid (Gout test): Used to detect the breakdown of nitrogen-containing compounds found in the body's cells, producing Uric Acid. High levels of Uric Acid could be a sign of **gout** (a condition characterized by inflammation of the joints due to the formation of uric acid crystals in the joint fluid). This test can also be used to **monitor Uric Acid levels in patients receiving chemotherapy, cytotoxic drugs** and to monitor other disorders such as starvation and other wasting conditions. It can help with diagnosis of kidney disease.

Varicella Zoster IgG Immunity (ChickenPox): Used to determine if you have developed **immunity** to the varicella zoster virus (VZV) or whether there is the potential for reactivating a VZV infection **before receiving immunosuppressive drugs**. Individuals needing proof of immunity for school or work may order this. Older nonimmune adults or those with lower immunity to VZV and patients with impaired immunity may be at risk of VZV reactivating as **Shingles**.

Vitamin B12: Used to measure the level of that vitamin in your blood. B12 is essential for the development of healthy red blood cells and proper nerve function. B12 may be ordered to help diagnose a **possible deficiency**. B12 may be low for many reasons, including poor diet, use of certain medications, age or malabsorption due to other health conditions. **10-12 hour fast is recommended (water or black coffee are okay), no supplements >24 hours prior to collection, no Biotin supplements for >48 hours prior to collection.**

Vitamin B12 & Folate: These tests may be ordered together to investigate **macrocytic (large red blood cells) anemia**, workup **deficiencies seen in megaloblastic (large, immature red blood cells) anemias**, and **folate deficiencies**. **10-12 hour fast is recommended (water or black coffee are okay), no supplements >24 hours prior to collection, no Biotin supplements for >48 hours prior to collection.**

Vitamin D: Used to determine the level of Vitamin D, an essential substance in your blood. Vitamin D aids in the absorption of calcium during bone formation. Vitamin D has anti-inflammatory and other properties that play a role in maintaining normal muscle, immune, and nervous system functions. Order this to determine if you have a **deficiency** or to **monitor progress with supplementation** and to detect Vitamin D toxicity or excess Vitamin D in the body.

Please make an appointment with your medical provider if you have any questions or if you have abnormal results. Livingston HealthCare Laboratory will not provide interpretation, counseling, consultation, or care recommendations on the basis of any laboratory results.

Additional test information can be found at <https://www.testing.com>