

Blood Tests Needed Prior to Making an Appointment at Nutritional Concepts!

REQUIRED BLOOD TESTS

ABO Grouping and Rh Typing (Blood Type - if you do not already know it)

CBC (including basophils and eosinophils)

CHEM SCREEN with HDL/LDL cholesterol differential

CO₂ (as bicarbonate)

ESR (Sedimentation Rate)

Ferritin

HsCRP (High-Sensitivity C-Reactive Protein)

Simple Urinalysis w/Reflex to culture

Thyroid Panel

Vitamin D 25 Hydroxy 25(OH) D

OPTIONAL BLOOD TESTS

Cortisol

Folate

GGT

HbA1C (Hemoglobin A1C)

Homocysteine

Immunoglobulin E, Total

Iron

LDH (Lactate Dehydrogenase)

Magnesium

Phosphorous

Uric Acid

Vitamin B12

BLOOD WORK PREPARATION

Please fast for at least 10 hours before your blood draw. Water is encouraged, but the only beverage allowed. Stop all dietary supplements 48 hours before your blood draw. If taking antihistamines,

antibiotics or oral cortisone, please wait 48 hours, 2 weeks and 4 weeks respectively to get your blood drawn unless medically necessary. **Blood work taken after a surgical procedure, when hospitalized, if you recently had an infection, or for life insurance are not encouraged because it is not an accurate depiction of your normal metabolic state.*

WHERE TO GET YOUR BLOOD DRAWN IF USING INSURANCE

To ensure blood work will be run through insurance, your physician must order the blood tests. Just copy the list above and give it to your physician's office.

WHERE TO GET YOUR BLOOD DRAWN IF NOT USING INSURANCE

**You can submit the insurance claim yourself, if desired.*

1. Our local lab affiliate is Northern Illinois Clinical Labs (NICL), located in Northbrook 10 minutes from our office. Cost: \$223.00 (without blood type) or \$243.00 (with blood type). Call us at 847-498-3422 or text 847-497-0902 for details.

2. Rupa Health provides on-location or at-home blood draws nationwide. Cost: \$200-\$350 (phlebotomy fee not included and is paid directly to the phlebotomist; from \$0-\$75 depending upon on-location or at-home). Call us at 847-498-3422 or text 847-497-0902 for details.

For a detailed breakdown of our appointment options, go to nutritionalconcepts.com.