

BLOOD TESTS

Lab tests that require fasting (nothing but water after the evening meal on the day before your test):

- cholesterol
- HDL cholesterol
- triglycerides
- lipid panel
- fasting glucose
- growth hormone
- vitamin B12
- folate
- glucose tolerance test

Lab tests to be drawn before 9:00 AM:

- testosterone
- AM cortisol
- pituitary function tests
- thyroid function tests: TSH, Free T4, Free T3, Total T4

Thyroid Function Tests

Ideally, we recommend that you have your thyroid function tests done in the morning so we can be consistent in the way we measure your thyroid function. We also recommend that you take your thyroid medication **after** you have your blood drawn on the morning of your blood test. This is especially true if you are taking a T3-containing medication (liothyronine, Cytomel, Armour Thyroid, Nature-Throid, natural thyroid or desiccated thyroid hormone, sustained-release T3, etc.).