



Michael Cheikin MD
Holistic Medicine & Physiatry
 832 Germantown Pike, Suite 3
 Plymouth Meeting, PA 19462
 610-239-9901 cohlife.org

Lab Set 1 & 2 Instruction Sheet for Patients

What lab work will I be getting done?

A sample of the lab order can be found here: [sample lab order](#) You can review this information with your insurance carrier ahead of time if you are concerned about what they will and will not cover.

Where can I have lab work done?

The choice between LabCorp, Quest or a Hospital lab is made by your insurance carrier and Primary Care Physician. Please contact your insurance carrier to clarify if you are uncertain.

Please note your first two sets of labs are very important. Therefore, we required that you use our local draw sites to improve the chance of a correct draw. Please ask our front desk for more information.

When must I have the lab work done?

Fasting a.m. labs must be drawn before 10 a.m. If you schedule an appointment, make it no later than 9:15. If you prefer to walk-in, do not arrive at the lab later than 9:00 am. The later you arrive, the greater the risk of your labs being drawn before 10 a.m. Do not go on a Saturday.

If desired, we will schedule an a.m. visit with the doctor on the same day after the draw.

How do I prepare for the lab work?

The night before:

Do not take any supplements, thyroid medications or potassium after 9 p.m.

You may take any other medications after 9 p.m.

You can always drink water or seltzer.

The morning of:

Do not take your supplements, thyroid medication or potassium.

You can take any other medications. Be sure to drink plenty of water (at least two cups).

If you are testing your morning urine, take a mid-stream sample with the first urination after 4am. See [clean catch](#) if you need more information.

Once the lab work is completed:

You may take your thyroid medications, potassium and morning supplements. Your night supplements can be skipped.

When will I be able to review the lab results?

Make an appointment between two to four weeks. Most labs also provide a patient portal that will allow you to check on your labs (but the doctor gets them before you). Portal instructions are here.

What should I do if a problem arises?

Either you or the phlebotomist can call the hotline at 610-239-9901, then select option 1. Your call will be returned as soon as feasible. If the patient has to leave, try to draw sufficient blood to enable processing if the test is approved.

Patient Instructions:

- before _____ am
- Must draw locally

- Fasting x 12 hrs
- No Supps x 12 hrs
- No T4 T3 K x12hrs

- Non-fasting
- any time

- ² m cycle day 18-21
- ³ well fed
- ⁴ no seafood x 3 days
- ⁵ off ppi 2 wks, fast 1 hr
- ⁶ no tourniquet, see dir
- ⁷ first urine of am
- ⁸ not affected by anti-TG Ab's
- ⁹ max \$40 total if "experimental"

TO PHLEBOTOMIST:

- 1) PLEASE USE BUTTERFLY IF MORE THAN 2-3 TUBES**
- 2) Please do not ask the patient for a credit card imprint unless there is a prior balance.
- 3) If any labs are in question, do not ask the patient to sign an ABN. Either contact Dr. Cheikin or cancel the test.
- 4) If you need to talk to Dr. Cheikin regarding any of the above, please call the hotline at 610-239-9901, option 1, and leave your name and phone number. Dr. Cheikin will be notified and call you back as soon as feasible.

At your visit please note:

Date of Lab Visit (M-F, not Sat)

Arrival time: _____

Appointment time (optional):

Draw time: _____

Phlebotomist Name:

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