



WellKC Lab Instructions

- ❖ You can have labs done at any lab facility of your choice. Our lab orders will automatically go to Quest Diagnostics. Let us know if you would like to go somewhere else.
- ❖ To schedule at Quest, go here: [Quest Scheduling](#) (for "Reason for visiting" choose "All Other Tests")
- ❖ Please look over your lab order, and let us know if there are additional tests that you would like to add.
- ❖ You can use your insurance for labs. You should check on your coverage and potential cost prior to completing labs. Insurance does not always cover lab testing. **We cannot be held responsible for the cost of labs that are not covered.** We do have discounted cash-pay lab options if your price with insurance is going to be too expensive.
- ❖ **If you elect to use your insurance for laboratory testing and later receive an unexpected bill, we are happy to provide documentation or a letter of medical necessity when appropriate. A non-refundable \$50 administrative fee applies for preparation of these documents. Please understand that insurance coverage decisions are made by your insurance company, and WellKC cannot guarantee that your labs will be covered or reimbursed.**
- ❖ We typically receive full results within 1 week. We will reach out once we have your results to get you scheduled for an appointment to review results in detail. If you have not heard from us within 1-2 weeks, please reach out.

SPECIFIC LAB INSTRUCTIONS - PLEASE READ THROUGH THESE INSTRUCTIONS CAREFULLY AND REACH OUT WITH ANY QUESTIONS

FASTING LAB INSTRUCTIONS

- Have your labs done after at least 6 hours of **no food but lots of water**

HORMONE LAB INSTRUCTIONS

- Have your labs done fasting and in the morning prior to 9 am
- **If you are having regular menstrual periods** - Have labs drawn on day 18, 19, 20, or 21 of your menstrual cycle - the first day of your period is day 1, count forward from there. We recommend tracking your cycle if you are not already doing so.
- **If your periods are irregular** - we will instruct you on the best day to do labs
- **If you are not having menstrual periods** - you can have labs drawn any day.

CHECKING TESTOSTERONE LEVELS IN MALES

- Have your labs done fasting and between 7 and 10 am
- If your level comes back low, we will check it a second time after 2-4 weeks for confirmation

IF YOU ARE TAKING TESTOSTERONE INJECTIONS (MALES OR FEMALES)

- Have your labs done fasting in the morning **halfway between testosterone doses**
 - e.g. If you do weekly injections, have labs done 3-4 days before an injection
 - If you do twice weekly injections, have labs done 2 days AFTER an injection

CHECKING THYROID LABS WHILE TAKING THYROID MEDICATION

- Have your labs done first thing in the morning BEFORE taking your thyroid medication
- Do not take any biotin-containing supplements for at least 72 hours prior to labs