



Kidney Panel includes a number of blood tests, usually performed together, that are specific to illnesses or diseases affecting the kidneys. The panel includes Glucose, Bun, Creatinine, Sodium, Potassium, Chloride, CO₂, Calcium, Albumin, Inorganic Phosphorus, Anion Gap, GFR estimate. (\$40)

Fasting Lipid Panel determines your total cholesterol as well as the amount of “high density lipoprotein” (good cholesterol), “low density lipoprotein” (bad cholesterol), and triglyceride level. A **12-14 hour fast** is recommended. (\$25)

Hemoglobin A1c reflects the average blood glucose level in the blood over 6 – 8 weeks prior to testing. It is not dependent on a fasting state. It is used to help monitor individuals with diabetes to determine long-term control. (\$25)

Blood Type (ABO/Rh) is a group of tests that determines your ABO blood type and your Rh status (either positive or negative for the presence of the Rh factor). (\$20)

Thyroid Profile is used to evaluate thyroid gland function and other thyroid disorders. The panel includes TSH and free T4. (\$50)

Cholesterol measures the amount of cholesterol in the blood and is useful in estimating a person’s risk of developing heart disease. High cholesterol levels are associated with atherosclerosis (“hardening of the arteries”). (\$15)

Glucose determines the amount of glucose (or sugar) in your blood. The amount of glucose in your blood will vary throughout the day

based on when and what you eat and physical activity. A four hour fast is recommended to get the most accurate result. (\$15)

Potassium is used to detect concentrations that are too high (hyperkalemia) or too low (hypokalemia). (\$15)

CBC (Complete Blood Count) is used as a broad screening test to check for such disorders as anemia, infection, and many other diseases. The test includes White and Red Blood Cell Counts, Hemoglobin, Hematocrit, Platelets, and White Blood Cell differential. (\$25)

PSA is a test used to help screen for prostate cancer. PSA testing alone is not enough. Up to 25% of prostate cancers will be missed if this blood test is done alone. In order to diagnose the presence of prostate cancer, a digital rectal exam performed by a qualified medical doctor is needed in addition to the blood screening test. (\$45)

CONSENT FORMS ARE AVAILABLE ONLINE AT WWW.MERCER-HEALTH.COM OR AT THE MERCER HEALTH LABORATORY.



Mercer Health
Mercer Health Laboratory Services
800 West Main Street
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MERCER HEALTHY LIVING



Self Directed Lab Testing



Mercer Health

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Self Directed Lab Testing

The **Mercer Health Self Directed Lab Testing** program allows patients easy access to a variety of laboratory tests. Specific panels and individual lab tests are now available upon patient request, twice monthly, at a reduced rate.



These tests are offered to promote wellness in our community and are not meant to replace the patient-physician relationship.

Questions you may have:

What is Self Directed Lab Testing?

Self Directed Lab Testing is laboratory testing that you can request to be performed without a doctor's order. There is a defined list of available testing. The order form can be picked up at the Mercer County Community Hospital Laboratory or can be downloaded online at www.mercer-health.com (click on "For Patients" and then "Self Directed Lab Testing").

Who can have testing done?

Any person, 18 years of age or older, can request testing for themselves. Parents or legal guardians may request and sign the consent form for anybody under 18 years of age.

How are tests paid for?

Payment by cash or check is expected at the time of collection. Since most insurance companies will only pay for testing requested by a doctor or other healthcare provider, reimbursement by insurance is usually not possible.

Mercer Health will not bill your insurance company for any testing done through this program. Your results will be mailed to the address you provide within 2 weeks of testing.

Will the test results be sent to my doctor?

Test results will only be mailed to the participant of the program. We will not send them to any doctor or healthcare provider. It will be up to you to take a copy of these results to your personal doctor.

How do I determine if these test results are normal?

All test results will have an accompanying "normal range" printed on the report. Normal ranges can vary based on the age and sex of the person being tested. You should compare your results to the normal range shown on your report.



If my results are normal, does that mean there is nothing physically wrong?

Laboratory test results by themselves cannot be used to determine if you have or do not have a specific diagnosis or condition. Even if all the laboratory test results are in the "normal" range on your report, it does not eliminate the possibility that you may have a condition that warrants further investigation by your personal doctor.

Laboratory test results are used with other diagnostic tests and physical examination by a qualified healthcare provider, such as a medical doctor or nurse practitioner, to diagnosis health conditions, make treatment plans, and monitor your progress. It is highly recommended that all participants in this program discuss

the results obtained from these screening tests with your qualified healthcare provider.

When/where can I have testing done?

Our Self Directed Lab Testing program is held at the Mercer Health Outpatient Laboratory, 800 West Main St., Coldwater, Ohio, from 7 a.m. to 11 a.m. on the first and third Saturday of each month.



What tests are available?

Comprehensive Metabolic Panel gives you important information about the current status of your kidneys, liver, electrolytes, blood sugar and certain blood proteins and enzymes. The panel includes Glucose, BUN, Creatinine, Sodium, Potassium, Chloride, CO₂, Calcium, Total Bilirubin, Total Protein, Albumin, Alkaline Phosphatase, SGOT/AST, and SGPT/ALT. (\$45)

Basic Metabolic Panel gives you important information about the current status of your kidneys, blood sugar, and electrolytes. The panel includes Glucose, BUN, Creatinine, Sodium, Potassium, Chloride, CO₂, and Calcium. (\$30)

Liver Panel measures enzymes, proteins, and substances that are produced or excreted by the liver and are affected by liver injury. Some are released by damaged liver cells and some reflect a decrease in the liver's ability to perform one or more of its functions. The panel includes Total Bilirubin, Direct and Indirect Bilirubin, Total Protein, Albumin, Alkaline Phosphatase, SGOT/AST, and SGPT/ALT. (\$35)

Appointments are not necessary.
Self Directed Lab Testing is available the first and third Saturday of each month from 7 to 11 AM.