

# BLOOD TEST RECOMMENDATIONS – PREPARING FOR PREGNANCY

	Lab Tests to Consider
Female	<p>Overall wellness: CBC with differentials panel*, CMP panel*</p> <p>Blood sugar: HbA1C, fasting glucose, fasting insulin</p> <p>Sex Hormones: LH, FSH, SHBG, prolactin, estrogen, progesterone, AMH</p> <p>Thyroid: full thyroid panel*</p> <p>Nutrients: B6, B12, folate, homocysteine, retinol (vitamin A), vitamin D, iron, ferritin, zinc, copper</p> <p><i>*See full list of markers in the panels on the next page</i></p>
Male	<p>FSH</p> <p>LH</p> <p>Progesterone</p> <p>Testosterone</p> <p>SHGB</p> <p>Testosterone/SHGB ratio</p> <p>Prolactin</p> <p>Estradiol</p> <p>DHEA-s</p> <p>Free testosterone</p> <p>Dihydrotestosterone</p> <p>Zinc</p> <p>Copper</p>

## Additional Functional Tests to Consider:

One of the most common causes of infertility and miscarriage is hypothyroidism / Hashimoto's - and adrenal health goes hand-in-hand. If stress is a factor (mental / emotional, physical, physiological), it would be wise to check adrenal function, as it will directly impact thyroid function. You can [watch this video here](#) to better understand how cortisol impacts thyroid function.

There are few different test options for adrenal function posted in the adrenal balance course, which you can watch:

- [At-Home](#)
- [In Blood](#)
- [In saliva/urine](#) (my favorite is the Dutch adrenal or Dutch plus test which checks all sex hormones)

And since fatty acids are critical for sex hormone production, consuming enough healthy fats is key. You can test your levels of fatty acids. [Here's the video](#) on testing fatty acid status.

# EXPANDED PANEL LIST

## **CBC Panel (with Differentials) includes:**

- WBC
- RBC
- Hemoglobin
- Hematocrit
- MCV
- MCH
- MCHC
- RDW
- Platelets
- Neutrophils (% and absolute)
- Lymphocytes (% and absolute)
- Monocytes (% and absolute)
- Eosinophils (% and absolute)
- Basophils (% and absolute)
- Immature Granulocytes (% and absolute)

## **Full Thyroid Panel includes:**

- TSH (Thyroid Stimulating Hormone)
- Free T4
- Total T4
- Free T3
- Total T3
- Reverse T3
- Thyroid Peroxidase (TPO) Antibody
- Thyroglobulin Antibody

## **CMP Panel includes:**

- Glucose, Serum
- BUN
- Creatinine
- eGFR
- BUN/Creatinine Ratio
- Sodium, Serum
- Potassium, Serum
- Chloride, Serum
- Carbon Dioxide, Serum
- Calcium, Serum
- Total Protein, Serum
- Albumin, Serum
- Globulin, Serum
- A/G Ratio
- Bilirubin, Total
- Direct Bilirubin
- Alkaline Phosphatase
- AST (SGOT)
- ALT (SGPT)
- GGT