

Pre-Consultation Lab Panel

Action Checklist | Simplified, Patient-Facing

Step-by-Step Action Checklist For The Most Important Labs Before Your Consultation

Evidence reviewed: 2026-Q2

How to Use This Page

This is your action checklist for pre-consultation labs. Each section gives you a Before, Day-Of, and After step. The Detailed lab panel guide explains the why behind each test; this page is just for action.

How to Submit Your Inquiry and Labs

I am happy to receive any labs or clinical information you would like to share before we schedule an online consultation.

For the first contact, please either fill out the contact form at <https://infinityepigenetics.com/contact> or if that does not work email service@infinityepigenetics.com directly with a brief summary of your situation, your most relevant and recent labs, and your desired goals. I will review this initial summary to determine whether your case is within my scope and whether I may be able to work with you.

Consultation Tier and Review Process

If I determine that I can work with you, the next step is to select the appropriate consultation tier. Detailed review and analysis of labs, records, biomarkers, imaging, medical history, family history, medications, symptoms, diagnoses, and prior treatment responses is included within the paid consultation time. The amount of review time depends on the consultation tier selected and the complexity of the case.

I begin detailed review only after payment for the selected consultation tier is complete. Based on the complexity and scope of the information provided, I may recommend the consultation tier that is most appropriate for the level of clinical review required. The findings from this review inform the protocol or recommendations we discuss together during the online consultation.

After our first online consultation I will share a direct email address for further document exchange. The same process applies to future consultations and protocol modifications: new labs or updated clinical information are reviewed only after payment for the appropriate consultation tier, and those findings are used to guide the updates we review together during the consultation.

At the highest consultation tiers, additional advanced support options tailored to your clinical situation may be clarified and agreed upon during the consultation, including options that involve ongoing lab review.

Safety Callouts

Call 911 Right Away

Severe allergic reaction (throat swelling, difficulty breathing, fainting). Significant arm swelling, color change, or numbness after a draw (rare nerve or artery injury). Do not wait.

Contact Me Same Day

Persistent bleeding past 10 minutes despite pressure, significant bruising or swelling spreading from the draw site, fainting episode after the draw with delayed recovery, or any symptom you are unsure about.

Step 1: Before Your Draw

- **Schedule the Draw:** Schedule a morning fasting blood draw between 6 AM and 9 AM (the morning cortisol test is uninterpretable outside this window). One trip to the lab can typically cover all the standard panels.
- **Fast for 8 to 12 Hours:** Water is fine; nothing else. Schedule the draw for first thing in the morning so you fast overnight.
- **Hold Supplements 24 to 48 Hours Before:** Hold all B vitamins, iron, and biotin (biotin can interfere with thyroid and hormone assays). Take everything else as usual unless your ordering provider specifies otherwise.
- **Hold Intense Exercise 24 Hours Before:** Intense exercise transiently elevates inflammation markers (hsCRP) and cortisol. Light walking is fine.
- **Note Your Cycle Day (Menstruating Patients):** Note today's cycle day on your requisition. For Progesterone, Day 21 is preferred. For FSH, LH, and Estradiol, Day 3 is preferred. I will tell you the right day if you ask.
- **Prepare for the Salivary 4-Point Cortisol:** If your panel includes the salivary diurnal, the kit ships separately. Collect samples at: waking (within 30 minutes), 12 PM, 5 PM, and bedtime (within 30 minutes). Do not eat, drink anything other than water, brush teeth, or chew gum within 30 minutes of each collection.

Step 2: Day of the Draw

- **Hydrate:** Drink 16 to 24 oz of water 1 to 2 hours before the draw (helps the technician find a vein and ensures sample quality).

- **Bring Your Requisition:** Bring the lab order form (paper or digital). Bring your photo ID and insurance card if applicable.
- **Bring a Snack:** After your fasting draw, eat a balanced snack or small meal (protein plus carbohydrate).
- **Tell the Technician About Vasovagal History:** If you have ever felt faint during a blood draw, tell the technician so you can lie down for the draw.
- **Confirm All Tubes Are Drawn:** Before you leave, confirm with the technician that every test on your requisition was drawn. Some tests use specialty tubes; missing a tube means a redraw.

Step 3: After the Draw

- **Sit and Hydrate:** Sit for 5 to 10 minutes after the draw. Drink water. Eat your snack.
- **Track Results Posting:** Standard results post within 1 to 3 business days. Specialty tests (salivary cortisol, mycotoxins, gut panels, advanced cardiac, genomics) take 7 to 14 business days.
- **Send Me the Results:** Once results post, email a single consolidated PDF to service@infinityepigenetics.com if we have not already moved to direct email. Send before our scheduled online consultation so I have time to review.
- **Repeat Draw if Needed:** If any test failed (clotted sample, missing tube, contamination), the lab will contact you for a redraw. Schedule it promptly so it does not delay our consult.

Watch For

- **Dizziness After Draw:** Sit, hydrate, and tell the technician. Most resolves within 5 to 10 minutes.
- **Bruising at Draw Site:** Normal for 2 to 5 days. Apply a cold compress for the first 24 hours, then warm compress.
- **Persistent Bleeding:** Hold firm pressure for 5 minutes. If bleeding does not stop within 10 minutes of pressure, contact the draw center or your primary care provider.
- **Allergic Reaction to Bandage:** Mild itching is normal; switch to a different adhesive at home. Significant rash, swelling, or systemic symptoms: contact me directly.

Priority Tables

These two tables show the most important tests to order before your online consultation. Mandatory tests are required to plan your protocol; Important tests strongly recommended. Click the order link in any row to go straight to the lab vendor.

Mandatory

Test Group	Description	Order Link
CBC With Differential	Baseline blood count	Order at Quest
Iron, Ferritin, ESR	Iron status plus inflammation	Order at Quest
ANA, hsCRP	Autoimmune plus CV inflammation	Order at Quest
Comprehensive Metabolic Panel (CMP)	Glucose, kidney, liver, electrolytes	Order at Quest
Standard Lipid Panel	Cholesterol, HDL, LDL, triglycerides	Order at Quest
HbA1c, Uric Acid	3-month average blood sugar plus gout marker	Order at Quest
Urinalysis	Protein, blood, glucose, infection screen	Order at Quest
G6PD, PT/PTT	G6PD enzyme one-time plus clotting baseline	Order at Quest
Vitamin D 25-OH, B6, B12, Folate	Core vitamin baseline	Order at Quest
Pituitary Panel: LH, FSH, GH, ACTH, Prolactin, TSH, IGF-1	Master endocrine signaling axis	Order at Quest
Adrenal Panel: AM Cortisol Plus 4-Point Salivary Diurnal, DHEA, DHEA-S	Cortisol rhythm plus DHEA axis	Order at DUTCH
Sex Hormones: Progesterone, Estradiol, Testosterone Free Plus Total, SHBG	Reproductive endocrine axis	Order at Quest
Thyroid: Free T3, Free T4	Active thyroid hormones	Order at Quest
Electrocardiogram (ECG)	Cardiac rhythm baseline	<i>Schedule via Primary Care or Cardiology</i>

Important

Test Group	Description	Order Link
Serum IL-6	Sensitive cytokine inflammation marker	Order at Quest

ApoB, Lp(a), NMR LipoProfile Particle Numbers	Advanced cardiovascular risk	Order at Labcorp
Adiponectin, Leptin	Metabolic and weight regulation	Order at Quest
Parathyroid Hormone (PTH)	Calcium and bone axis	Order at Quest
Heavy Metals: Lead, Mercury, Arsenic, Cadmium	Blood, urine, or hair specimen depending on context	Order at Quest
Trace Minerals: Zinc, Selenium, Copper	Serum baseline; RBC layer added when chronic deficiency suspected	Order at Quest
Viral Antibodies: HSV, EBV, CMV	Chronic viral immune surveillance	Order at Quest
PSA (Men)	Prostate health surveillance	Order at Quest
Stool for Occult Blood (FOBT or FIT)	Colorectal screening	Order at Quest
Cancer Markers: CA 19-9, CA 125, AFP	Selected by sex, anatomy, history, or my recommendation	Order at Quest
Mycotoxin Urine Screen	Mold exposure workup	Order at RealTime Labs
Food Sensitivity (KBMO FIT 176)	176-food immune reactivity	Order at KBMO
Stool for Ova and Parasites	Parasitology baseline	Order at Quest

Where to Order

Most standard panels (CBC, CMP, Lipid Panel, A1c, Vitamins, Hormones) are available through the major clinical lab networks below. Specialty tests use the dedicated providers listed beneath. Click any link to open the provider's site.

- **Standard Panels:** [Quest Diagnostics](#) or
- **Standard Panels (Alt):** [Labcorp](#) (broad clinical network covering most baseline panels)
- **Annual Broad Panel Bundle:** [Function Health](#) (membership-based annual panel via Quest with patient dashboard)
- **Salivary Cortisol 4-Point:** [DUTCH Test \(Precision Analytical\)](#) (dried-urine plus saliva hormone panel)

- **Mycotoxin Urine Screen:** [RealTime Labs](#)
- **Comprehensive Stool Panel:** [GI-MAP \(Diagnostic Solutions\)](#) or
- **Comprehensive Stool Panel (Alt):** [Vibrant Wellness Gut Zoomer](#)
- **Food Sensitivity Panel:** [KBMO FIT 176](#)
- **Multi-Cancer Early Detection:** [Galleri \(GRAIL\)](#)
- **Epigenetic Age Clock:** [TruDiagnostic TruAge COMPLETE](#)
- **Personalized Genomic Analysis:** [SelfDecode](#) (accepts 23andMe or AncestryDNA raw data uploads)
- **Continuous Glucose Monitor (OTC):** [Dexcom Stelo](#) or
- **Continuous Glucose Monitor (Alt OTC):** [Abbott Lingo](#)

Authorship, Intent, and Disclaimers

Authorship and Contact

I, Alexander Grinberg, MD, am the author of this checklist. Contact me directly for any change to your lab plan, not the clinic or another practitioner. Prospects use service@infinityepigenetics.com per the top callout; established patients use the direct email shared at first consultation.

Educational and Informational Use

This checklist is for educational and informational purposes. For my patients, lab choices reflect our shared decision-making about your care and sit alongside your other treating physicians' recommendations. For prospects, this is not medical advice; consult your own physician.

Evidence and Lab Interpretation

Recommendations evolve as evidence and vendors change. Lab results need clinical interpretation; send your results to me rather than relying on vendor reference ranges or AI interpretations alone.

Cost and Insurance

Costs vary by vendor, region, and insurance. Some are covered, others cash-pay. Ask me for best-value guidance for your situation.

Safety and Pre-Screening

Flag allergies, prior contrast reactions, implants, pregnancy, kidney disease, or other safety items before booking any imaging or specialty test.

Emergencies

Nothing here is for emergencies. Call 911 or your local emergency services.

Links and Third-Party References

Links and references may break, change, or get discontinued. I update this checklist regularly. If you spot a broken link or find a useful test, let me know directly.