

Getting started is easy. Here's how:

1. Select the lab test you are requesting.
2. Bring your completed order form and payment to the Diagnostic Center of Chesapeake.
3. Your results will be mailed to the address you provide.



MY LAB

at



**CHESAPEAKE REGIONAL
HEALTHCARE**

My Lab Tests Order Form

- Blood type (aBo/rH)..... \$20
- B12 \$25
- Blood alcohol (non-legal) \$40
- Basic Metabolic Panel (BMP)..... \$25
- Complete Blood Count (CBC)..... \$15
- Cholesterol \$10
- Complete Metabolic Panel (CMP)..... \$35
- Drug screen (urine, non-legal)..... \$40
- Glucose \$10
- Glycated Hemoglobin (Hgb A1c)..... \$25
- Hepatitis C \$40
- Iron \$20
- Lipid Profile..... \$25
- Pregnancy Test..... \$20
- Prostate Specific Antigen \$30
- Thyroid Stimulating Hormone (TSH) \$25
- Urinalysis \$10
- Vitamin D..... \$30

Patient Information

Patient Name: _____

Date of Birth: ____ / ____ / ____

Street Address: _____

City: _____ State: _____

Zip Code: _____

Phone Number: _____



With **MY LAB**, patients can request a variety of diagnostic tests without a physician's order.

Keep track of your health between health care visits.

No appointment is necessary.



DIAGNOSTIC CENTER OF CHESAPEAKE
844 Battlefield Blvd., North, Chesapeake, VA 23320
757-312-6746



My Lab Test Descriptions

- **Blood Type (ABO/RH):** Blood type testing is used to determine what type of blood you have: A, B, AB or O.
- **B12:** This test measures the amount of vitamin B12 in your body. B12 helps maintain healthy nerve cells and red blood cells. It is also needed to make DNA.
- **Blood Alcohol:** Blood alcohol screening is used to detect the amount of alcohol present in a person's blood stream.
- **Basic Metabolic Panel (BMP):** A BMP is a group of eight tests that measure kidney function, fluid and electrolyte levels, blood sugar and calcium levels.
- **Complete Blood Count (CBC):** A CBC test provides information about the kinds and numbers of cells in the blood, including red blood cells, white blood cells, and platelets. A CBC helps diagnose conditions such as anemia, infection, and many other disorders.
- **Cholesterol:** This test measures the amount of good and bad cholesterol in the blood.
- **Complete Metabolic Panel (CMP):** A CMP is a group of 14 tests that measure blood sugar, electrolyte and fluid levels, kidney function, and liver function.
- **Drug Screen:** This test detects the presence of both legal and illegal substances. Tested substances include amphetamines, opiates, cocaine, cannabinoids, and PCP.
- **Glucose:** Glucose testing measures the amount of glucose in your blood and can be used to detect hyperglycemia (high blood glucose), hypoglycemia (low blood glucose), diabetes and pre-diabetes.
- **Glycated Hemoglobin (Hgb A1c):** This test is used to measure your average blood sugar over a period of several months. It can give a good estimate of how well you have managed your diabetes over the last two or three months. The test may also be used to screen for diabetes.

- **Hepatitis C:** Hepatitis C virus (HCV) is the most common chronic bloodborne infection in the United States. HCV is usually spread when blood from a person infected with HCV enters the body of someone who is not infected. The CDC recommends routine screening of patients who may not have any symptoms but do have specific risk factors.
- **Iron:** This test checks the amount of iron in your blood to see how well your body is metabolizing iron.
- **Lipid Profile:** The lipid profile is a group of tests used to determine a person's risk of heart attack or stroke caused by a blockage of blood vessels or hardening of the arteries. The lipid profile includes a measure of total cholesterol, HDL (good) cholesterol, LDL (bad) cholesterol and triglycerides.
- **Pregnancy:** This test determines whether or not a woman is pregnant.
- **Prostate Specific Antigen (PSA):** This test measures the amount of PSA in the blood and is used to determine the need for a biopsy of the prostate, to monitor the effectiveness of prostate cancer treatment or to test for a recurrence of prostate cancer.
- **Thyroid Stimulating Hormone (TSH):** The TSH test is used to diagnose thyroid disorders. It is also used to monitor thyroid replacement therapy in people with hyperthyroidism or hypothyroidism.
- **Urinalysis:** Urinalysis is used to screen for metabolic and kidney disorders. It is also used to test for urinary tract infections and other disorders of the urinary tract.
- **Vitamin D:** This test is used to test for a deficiency or excess of vitamin D, which can lead to bone weakness or malformation.



Frequently Asked Questions

1. Do I need an appointment to use My Lab?

No, appointments are not necessary. Simply bring your order form to the Diagnostic Center of Chesapeake any time during normal business hours

2. Where do I go for My Lab?

My Lab is located in the Diagnostic Center of Chesapeake, on the first floor of the W. Stanley Jennings Outpatient Center, which is part of the Chesapeake Regional Healthcare campus.

3. What are the My Lab hours?

You may walk in Monday through Friday from 7 a.m. to 7 p.m.

4. When and how do I get my results?

Your results will be mailed to your house about one week after testing. They will not be sent to your physician. It is your responsibility to share your test results with your physician.

5. Will my insurance be billed for My Lab testing?

Insurance does not cover My Lab testing. Payment will be required at the time of service. The Diagnostic Center of Chesapeake accepts cash, checks and credit cards.

6. What do my results mean?

Your results will be compared to normal ranges based on factors such as age and gender. You are strongly encouraged to discuss your individual results with your physician.

7. Do I need to fast for any of these tests?

Do not eat or drink anything but water 8-12 hours prior to your test if you are being screened for cholesterol, glucose or a lipid profile. Fasting is not required for any other test.

8. How do I know my results are accurate?

All samples are analyzed at Chesapeake Regional's fully accredited laboratory.