

Patient Lab Education

To ensure accurate and efficient testing, please follow these instructions:

Fasting Instructions: Some tests require fasting, Fasting only needs to be for 12 hours prior to collection. Please check with your healthcare provider or refer to the specific test requirements provided by your physician during your lab order visit. Fasting means no food or drinks, except for water, during the specified fasting period. Avoid any beverages, including coffee, tea, juice, and soda, as they can affect test results.

Medication Compliance: If you deviate from your provider's medication orders since your last appointment or had labs drawn but were not following exactly what was prescribed by your provider for 6-8 weeks prior to drawing your labs, your lab results can be inaccurate. Please ensure you inform us of any compliance issues with what we prescribe/plan so we can adjust labs and treatment plan accordingly

Take your regular medications as prescribed; I.E. If you are having hormones tested, it is imperative that you are on your dose consistently for at least 6-8 weeks; if you are on injections, you are having your labs drawn mid week injection schedule; etc.). If you deviate from your provider's medication orders since your last appointment or had labs drawn but were not following exactly what was prescribed by your provider for 6-8 weeks prior to drawing your labs, your lab results can be inaccurate. Please ensure you inform us of any compliance issues with what we prescribe/plan so we can adjust labs and treatment plan accordingly

*For our Hormone Patients**Recommended Lab collection timing for best results: 6-8 weeks post initiation or dose changes and :

Progesterone:

Menopausal:

-If checking labs > 8 hrs after taking oral progesterone, serum level will be back to baseline in most cases (almost zero)

Pre-Menopausal:

-Test one week after ovulation (Day 21-ish) to get peak luteal progesterone

Testosterone:

Symptoms matter more than lab values. Testosterone therapy can be helpful even if her baseline testosterone is not low. * Side effects may take 3 months or more to become apparent

Route Specific:

- Patches- test the day before it is due to be changed
- Pellets- 6-8 weeks after placement
- Injections: On Nadir of injection schedule (i.e. day before next injection is due)

Lab Assay Interferences:

Some medications can affect lab results. It is imperative that you refrain from the following:

- No biotin for 48 hours (if greater than 5000 mg/day)
- High Dose Vitamin C (anything greater than 15 g; hold for 1 wk)
- Any vitamin testing should be done after being off of supplements for at least 3 days, preferably 1 week

*If receiving a prostate lab; it should be drawn prior to receiving a digital rectal exam.

Results and Follow-up:

Your provider will discuss the results of your labs once they receive them and have the chance to review them in combination with the symptomatology form that you will fill out to give you appropriate guidance and recommendations based on these findings.

****Please notify us after you have had your labs drawn to ensure you are booked 2 weeks later to review your results with a provider!***

Note: It is crucial to follow the instructions provided by your healthcare provider or the laboratory staff accurately. Deviations from the instructions may affect the reliability and accuracy of the test results. If you have any questions or concerns, please contact our laboratory or consult your healthcare provider for clarification.

For additional information on pricing, custom lab ordering vs. panel lab ordering and cash vs insurance pay, please visit our website under lab services!

Customized Individual Labs or Potentially Utilizing Insurance VS Cash Pay Lab Panels

At Nervana Medical, we offer individual laboratory testing so you can build the perfect panel for your needs. Before booking any individual custom lab panels, a provider consult must be scheduled to ensure appropriate labs are ordered. A lab consult is also needed if there are any plans to potentially run it thru your insurance as this requires more documentation for our team- This does NOT guarantee coverage, this is simply a custom order with documentation to reflect appropriate codes for potential insurance coverage. It is your responsibility to then call your insurance company with the information to determine coverage.

Cash pay pricing is available for non-customized lab ordering in a panel format in which includes provider review and further basic treatment recommendations and does not require a provider consult for purchase as it is cash pay (see below for panel options).

Individual Labs

At [Nervana Medical](#), we offer individual [laboratory testing](#) so you can build the perfect panel for your needs. Before booking any customized or potential insurance ran lab work, a consultation is required to make sure we are ordering the right tests for you as well as for documentation the insurance companies require to potentially cover your labs. *This does NOT guarantee insurance coverage, this only covers the provider time for filling out the additional paperwork necessary for the information your insurance company may need to cover the labs.

Your Guide to Lab Testing at Nervana Medical in Sandy, Utah

At Nervana Medical, we prioritize accuracy, affordability, and patient convenience when ordering laboratory testing. To support this, we primarily utilize external reference laboratories, including Quest Diagnostics, Cleveland HeartLab, and Intermountain Health laboratory services, depending on the specific tests ordered and patient preference.

Insurance vs. Cash-Pay Labs: How the Process Works

If you wish to attempt to run labs through insurance, we will provide you with:

- A voided lab requisition listing the ordered tests
- The associated ICD-10 diagnosis codes

We strongly encourage patients to call their insurance company directly with this information to confirm:

- Whether the labs are covered
- How often they are covered
- Your estimated out-of-pocket cost

At the same time, we will also provide you with our transparent cash-pay pricing for the same labs so you can make an informed comparison.

Important Insurance Considerations

Many insurance plans

- Only cover one round of certain labs per year
- Apply insurance pricing once a test is processed through insurance, even if the cost is significantly higher than cash-pay pricing

Once a lab is submitted through insurance, pricing is fully determined by your insurance carrier, and unfortunately, there is nothing we can do to adjust or reverse those charges afterward. For this reason, verifying coverage each time labs are ordered is essential if you choose to run them through insurance.

Finalizing Your Lab Order

Once you've confirmed your preferred option (cash vs insurance bill):

- We will complete the appropriate lab requisition for you to physically take to the lab, or
- We can submit the order electronically, allowing you to visit the lab at your convenience, where the order will already be accessible to their staff

Our goal is to ensure you receive the necessary testing in the most cost-effective and seamless way possible, while maintaining high clinical standards and pricing that makes most sense for YOU.

If you have questions at any point, our team is happy to walk you through the process.

Where Your Labs Are Drawn

While we can draw blood in-clinic, this is typically reserved for special circumstances, such as:

- Compliance or accessibility issues
- Urgent clinical need

- Situations where convenience is critical and a provider is available

For the majority of patients, we order labs to Quest or Intermountain Health (IHC) lab draw sites since this is usually more convenient for patients who are not as close to our clinic.

Draw Site Locations

[Quest Draw Sites](#)

IHC Draw Station * The locations that are starred are for outpatient lab services

[SL County Wasatch Back Draw Sites 2024.pdf](#)

[BOOK Consult](#)