

Lab-Ordering Guide — Baseline & Monitoring

Version 0.5 · For licensed prescribers

Baseline panel (before initiation)

Test	Why	Frequency
CMP (Comprehensive Metabolic Panel)	Renal & hepatic baseline; electrolytes pre-AE	Baseline, then q3 mo
Lipid panel	CV risk stratification; tracking improvement	Baseline, then q6 mo
HbA1c	Glycemic baseline, T2D screening	Baseline, then q3 mo
Fasting insulin + glucose (HOMA-IR)	Insulin resistance staging	Baseline, then q6 mo
Lipase	Pancreatitis baseline for GLP-1/dual agonists	Baseline; PRN if symptomatic
TSH, ft4	Thyroid baseline; rule out alternative cause	Baseline
IGF-1	Mandatory for any GHRP/GHRH protocol	Baseline, then q3 mo on therapy
hs-CRP	Inflammation baseline	Baseline, then q6 mo
Vitamin D, B12, Ferritin	Common deficiencies impacting energy/recovery	Baseline
Pregnancy test (if applicable)	Absolute contraindication	Baseline; before each refill

Optional / situational

- **Calcitonin:** only if family history concern for MTC.
- **Lp(a) once in lifetime:** cardiovascular risk stratification.
- **DEXA:** when body-composition tracking matters more than scale weight.
- **CGM (14-day):** when post-prandial glucose pattern would change the choice between GLP-1 mono and dual agonist.

GeneRx panel

Saliva-based panel covering: CYP2D6, CYP2C19, CYP3A4, MTHFR, COMT, GLP1R, GIPR, MC4R, OXTR, GHRHR. Order at intake; results inform initial dose selection. See pharmacogenomics 101 for clinical interpretation guidance.

AE-driven add-on testing

- **New abdominal pain:** lipase, amylose, abdominal imaging if > 3× ULN.
- **RUQ pain or nausea/fatty meal trigger:** gallbladder ultrasound.
- **Volume depletion symptoms:** BMP, urinalysis.
- **Mood/sleep change on GHRP:** cortisol AM, prolactin.