

# Guide for discussing Long COVID testing with your doctor

Print this helpful guide and take it to your next doctor's appointment to discuss the testing options available for assessing your Long COVID symptoms.

## Common Long COVID symptoms include:



Fatigue



Memory problems



Sleep disturbances



Shortness of breath



Anxiety and depression



General pain and discomfort



Difficulty thinking or concentrating



Post-traumatic stress disorder (PTSD)

## Steps for getting tested

1

Print this document and bring it to your doctor

2

Discuss the testing options that are right for you

3

Receive your test requisition

4

Find a location or book an appointment to get tested at [LifeLabs.com](https://www.lifelabs.com)

# Testing options for Long COVID symptoms

Talk to your doctor to decide which of these tests are appropriate for your symptoms, as recommended by the CDC<sup>1</sup>.



## Blood count, electrolytes and renal function

- Complete Blood Count with possible iron studies to follow
- Urinalysis, Complete



## Basic metabolic tests

- Calcium
- Carbon Dioxide
- Chloride
- Creatinine with GFR Estimated
- Glucose
- Potassium
- Sodium
- Urea Nitrogen (BUN)\*
- BUN/Creatinine Ratio\*



## Liver function tests

- Albumin
- Globulin (calculated)
- Albumin/Globulin Ratio (calculated)
- Total Bilirubin
- Alkaline Phosphatase (ALP)
- Alanine transaminase (ALT)
- Total Protein
- Lactic dehydrogenase (LDH) total
- Prothrombin time (PT)
- Aspartate transaminase (AST)\*
- Gamma-glutamyltransferase (GGT)\*



## Inflammatory markers

- Erythrocyte Sedimentation Rate (ESR)
- Ferritin
- C-Reactive Protein (CRP)



## Thyroid function

- TSH with Reflex to Free T4



## Vitamin deficiencies

- Vitamin D-25 Hydroxy\*
- Vitamin B12 (Cobalamin)

\*Test may not be covered by your provincial healthcare plan.

<sup>1</sup> Centers for Disease Control and Prevention (2022, December 16). Post-COVID Conditions: Information for Healthcare Providers. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/post-covid-conditions.html#assessment-and-testing>