Basic metabolic panel (BMP)
The Basic Metabolic Panel (BMP) is a group of 8 specific tests that offer important information about the current status of your kidneys, electrolyte and acid/base balance, blood sugar, and calcium levels.

Complete blood count (CBC)
The Complete Blood Count (CBC) test is typically used to screen for such disorders as anemia, infection, and many other diseases. CBC testing is an automated count of the cells in the blood. It provides information about the white blood cell (WBC), red blood cell (RBC), and platelet populations present.

Cholesterol
This test measures total cholesterol only, which helps in assessing risk for heart disease. A more thorough assessment of this risk is the complete lipid profile.

Complete metabolic panel (CMP)
The Comprehensive Metabolic Panel (CMP) is typically a group of 14 specific tests that offer important information about the current status of your kidneys, liver, and electrolyte and acid/base balance as well as of your blood sugar and blood proteins.

Drug test
Testing for drugs of abuse or "drugs of abuse screening" is the detection of the presence of both legal and illegal substances. This test panel screens for the existence of amphetamines, opiates, cocaine, cannabinoids and PCP.

HgbA1c
HgbA1c, indicates glucose levels present over an extended period of time (2-3 months), aiding in overall glucose management to prevent or delay the development of long-term complications. Patients ordering this test will also receive estimated average blood glucose.

Ferritin
Testing for ferritin detects how much iron your body has stored for future use. Typically, ferritin levels are low in persons with an iron deficiency.

Glucose
This test determines if your blood glucose level is within healthy ranges; to screen for, diagnose, and monitor hyperglycemia (high blood glucose), hypoglycemia (low blood glucose), diabetes, and pre-diabetes.

HDL cholesterol
The test for HDL measures the amount of HDL-cholesterol in blood. HDL cholesterol is often termed "good" cholesterol.

High-sensitivity CRP
This test is often ordered as C reactive proteins (CRP) are shown to be an indicator of risk of cardiovascular disease in apparently healthy people. CRP is a substance made by the liver and secreted into the bloodstream, increasing when inflammation is present.

Complete lipid profile
The lipid profile is a group of tests that are often ordered to determine risk of coronary heart disease. The lipid profile includes total cholesterol, HDL-cholesterol (often called good cholesterol), LDL-cholesterol (often called bad cholesterol), and triglycerides. Fasting required for 10-14 hours prior to test and patients should also refrain from drinking coffee prior to testing.

Urine microalbumin & creatinine serum
Urine Microalbumin and Serum Creatinine testing are used in conjunction as a more thorough assessment of kidney function. Creatinine is a waste product produced by muscles and is filtered from the blood by the kidneys and released into the urine. Diabetic patients are encouraged to have a urine microalbumin test annually. In addition, microalbumin appears in patients with other conditions, such as hypertension or some immune disorders.

Pregnancy test
Testing confirms and monitors pregnancy.

Prothrombin time
The prothrombin time (PT) test measures how long it takes for a clot to form in a blood sample. The PT test evaluates the integrated function of these factors and the body's ability to produce a clot in a reasonable amount of time.

Prostate specific antigen (PSA)
To screen asymptomatic and symptomatic men for prostate cancer, to help determine the necessity for a biopsy of the prostate, to monitor the effectiveness of treatment for prostate cancer, and to detect recurrence of prostate cancer.

Testosterone
Testosterone blood levels are used to evaluate fertility. Testosterone levels can adversely affect fertility in addition to sexual features and development in both sexes. Since testosterone blood levels tend to be highest early in the day, it is suggested that specimens for this test are collected in the morning.

Sentara outpatient sites

Sentara Norfolk General Hospital
600 Gresham Drive
Norfolk, VA 23507
River Pavilion
Mon.-Fri., 6:30 a.m. to 3 p.m.

Sentara Greenbrier Healthplex
713 Volvo Parkway
Chesapeake, VA 23320
Mon.-Fri., 7 a.m. to 5:30 p.m.
Sat., 8 a.m. to noon

Sentara Virginia Beach General Hospital
1060 First Colonial Rd.
Virginia Beach, VA 23454
Mon.-Fri., 6:30 a.m. to 6 p.m.
Sat., 8 a.m. to noon

Sentara CarePlex Hospital
3000 Coliseum Drive
Hampton, VA 23666
Mon.-Fri., 6:30 a.m. to 6 p.m.
Sat., 8 a.m. to noon

Sentara Leigh Hospital
830 Kempsville Rd.
Norfolk, VA 23502
Mon.-Fri., 6:30 a.m. to 5 p.m.
Sat., 8 a.m. to noon

Sentara Independence
800 Independence Blvd.
Virginia Beach, VA 23455
Mon.-Fri., 7 a.m. to 5 p.m.
Sat., 8 a.m. to noon

Sentara Obici Hospital
First Floor
2800 Godwin Blvd.
Suffolk, VA 23434
Mon.-Fri., 7 a.m. to 5 p.m.
Sat., 8 a.m. to noon

Sentara BelleHarbour
3920A Bridge Road
Suffolk, VA 23435
Mon.-Fri., 7 a.m. to 5 p.m.
Sat., 8 a.m. to noon

Sentara Port Warwick II
1031 Loftis Blvd.
Newport News, VA 23606
Mon.-Fri., 7 a.m. to 4 p.m.

Sentara Williamsburg Regional Medical Center
100 Sentara Way
Williamsburg, VA 23188
Mon.-Fri., 7 a.m. to 5:30 p.m.
Sat., 8 a.m. to noon

Sentara Princess Anne Advanced Imaging Center
1975 Glenn Mitchell Dr.
First Floor
Virginia Beach, VA 23456
Mon.-Fri., 7 a.m. to 5:30 p.m.
Sat., 8 a.m. to noon

Sentara Brock Cancer Center
6251 E. Virginia Beach Blvd.
Norfolk, VA 23502
Mon.-Fri., 8 a.m. to 4 p.m.

For more information call, **757-388-3621** or (Toll Free) **1-800-822-0468**.

#1923 (HR/NC) Rev. 10/26

Sentara®

Laboratory Services

Sentara SelfTest

Start monitoring your health now

You can now order a wide variety of laboratory testing that allows you to proactively monitor your health – simply, securely and conveniently with Sentara SelfTest.

Here's how it works

Step 1: Please visit any of the Sentara locations listed on this brochure, to order Sentara SelfTests and process payment in person.

Step 2: Select tests on the order form located on the brochure.

Step 3: Review and sign patient waiver prior to specimen collection. Results will be mailed to the address you provide and are available on Sentara MyChart. Patients are strongly encouraged to share results with their personal physician. If necessary, laboratory personnel will contact you should any critical results be discovered.

www.sentara.com/lab

Thyroid stimulating hormone (TSH)
This test measures the amount of thyroid-stimulating hormone (TSH) in your blood. This test screens for and assists in the diagnosis of thyroid disorders; to monitor treatment of hypothyroidism and hyperthyroidism. Test best drawn in morning and prior to taking thyroid medication if applicable.

Triglycerides
To assess the risk of developing heart disease as the test measures the amount of triglycerides in your blood. Triglycerides are the body's storage form for fat.

Uric acid
Uric acid blood levels are used to both diagnose gout (increased blood levels) and to monitor the effects of therapy (decreasing blood levels). Uric acid blood levels may also be increased for patients undergoing chemotherapy, radiation therapy, and with primary and secondary conditions affecting formation and excretion of uric acid.

Urinalysis
To screen for metabolic and kidney disorders, including urinary tract infections. A urinalysis is a group of tests that detect and semi-quantitatively measure various compounds that are eliminated in the urine, including the byproducts of normal and abnormal metabolism as well as cells, including bacteria, and cellular fragments.

Vitamin B12 & folate
Vitamin B12 and Folate blood levels have been related to nutritional status (malnutrition, malabsorption). Deficiency of vitamin B12 and Folate has been associated with anemia and neuropathy (B12 deficiency). Vitamin B12 and Folate blood levels are used to monitor the effectiveness of therapeutic intervention.

Vitamin D
Vitamin D testing is used to determine if bone weakness, bone malformation or abnormal metabolism of calcium (reflected by abnormal calcium, phosphorus, PTH) is occurring due to a deficiency or excess of Vitamin D. Vitamin D testing can also be used to determine appropriate level of Vitamin D supplementation.

Sentara SelfTest order form

Sentara SelfTest from Sentara Laboratory Services allows patients to proactively monitor their health. Please choose from the tests listed below and pay any fees. We encourage you to share your results with your physician.

☐ **Basic metabolic panel** (BMP) – LAB15	$39
☐ **Cholesterol** – LAB60	$39
☐ **Complete blood count** (CBC) LAB294	$29
☐ **Complete metabolic panel** (CMP) LAB17	$49
☐ **Drug test urine (5 Panel)** - LAB0065	$99
☐ **HgbA1c** -LAB0504	$39
☐ **Ferritin** - LAB68	$59
☐ **Glucose** - LAB82	$30
☐ **HDL cholesterol** - LAB101	$30
☐ **High sensitivity CRP** - LAB150	$59
☐ **Complete lipid profile** - LAB0278	$59
☐ **Urine microalbumin** - LAB411	$30
☐ **Pregnancy test** - LAB6007	$49
☐ **Prothrombin time** (PT) LAB320	$39
☐ **Prostate specific antigen** (PSA) - LAB0280	$69
☐ **Testosterone** - LAB124	$69
☐ **Thyroid Stim. hormone** (TSH) - LAB129	$49
☐ **Triglycerides** - LAB134	$30
☐ **Uric acid** - LAB141	$39
☐ **Urinalysis screen** - LAB347	$39
☐ **Vitamin B12 & folate** - LAB67/ LAB69	$89
☐ **Vitamin D** - LAB535	$69

Total: $

Result mailing address:

Name:_____

Date of birth:_____

Address:_____

City, State, Zip:_____

Primary contact phone:_____

Sentara SelfTest patient waiver

I am directly and voluntarily seeking testing by Sentara Reference Laboratory without a physician's order. In order to perform the test(s), blood will be drawn from my arm using a needle inserted by a trained lab employee called a phlebotomist. I understand that as a result of taking blood from my arm, some soreness, discomfort, or bruising may occur at the site where the blood was drawn. Although it is rare, more serious effects may include nerve damage and stroke.

I understand that the tests I requested may not detect all abnormalities that may be present. And, sometimes laboratory tests produce false results (either positive or negative). For diagnosis and treatment based on the test results, I understand I must see my personal physician for a complete medical examination and for any questions relating to the results. If I do not have a physician, I may request one through Sentara HealthCare's Physician Referral service at 1-800-SENTARA.

I acknowledge that I am solely responsible for arranging for any follow-up evaluation, interpretation, diagnosis, and treatment from my physician. I understand that if any of my results are considered to be outside of normal range and are deemed to require immediate attention, my results will be considered "Critical Values," and I will be notified by phone by laboratory personnel. If I am called about a Critical Value I agree to seek immediate care from the nearest emergency room and/or call 911 for ambulance transportation if needed. The phone number I am providing below can be used to communicate with me, or to leave a message indicating the urgent nature of the call. I am assuming the risk of delayed treatment or a missed diagnosis by having testing done without the supervision of my physician.

I hereby release Sentara Reference Laboratory as well as the physicians and employees performing the testing from any and all liability arising from or connected with the implementation of this testing, and for any problems caused by not sending the results to my physician for follow up on test results. I understand that this testing does not constitute a complete medical examination or diagnosis. I understand and agree that all of my results from this testing will be included in my electronic medical record.

NOTICE OF DEEMED CONSENT FOR INFECTIOUS DISEASE TESTING: Virginia Code Section 32.1-45.1 and North Carolina Administrative Code Sections 10A NCAC 41A.0202(4) and 41A.0214 provides that if anyone on our staff, when processing your specimen, is directly exposed to your blood or body fluids in a way that may transmit human immunodeficiency virus or Hepatitis B or C virus, we may test for those viruses and release the test results to the person directly exposed so that they may seek treatment if needed.

I acknowledge that any physician involved in my care and has access to EPIC including my PCP may view my results and that my results are distributed via mail to my address as well as Sentara MyChart if I have one.

I understand that my insurance may not pay for these tests and that I am fully responsible for all applicable costs.

I have read this form and agree with its contents.

X_____ Participant signature Date

X_____ Witness signature Date

For Registration use only: Client Code 5440