

## **Direct Access Laboratory Testing**

*A convenient and affordable option for medical laboratory testing*

Direct Access Testing through Mercy Regional Medical Center's laboratory allows patients to directly order more than 30 common laboratory tests without a provider's order. These affordably priced tests allow you to get important information about your health when *you* want it. Direct Access Testing can be useful for purposes of screening, detecting, or managing a disease or therapy.

### **The Direct Access Testing Process**

#### **1. Select your tests**

Select from the enclosed menu of lab tests you would like to order.

#### **2. Prepare for your test**

A 12-hour fast prior to testing is recommended for the most accurate results. Over-the-counter medications, prescription drugs, herbal remedies, alcohol consumption, and your fasting time may affect blood chemistry results.

#### **3. Go to a Direct Access Testing draw station**

Testing specimens can be collected at any of four conveniently located draw stations:

##### **Durango (two locations)**

Mercy Regional Medical Center main lobby  
1010 Three Springs Blvd.,  
Monday thru Friday: 7:00 A.M. to 5:00 P.M.

Mercy Regional Medical Center Diagnostic Services  
1800 East 3<sup>rd</sup> Avenue, Suite 111  
Monday thru Friday: 7:30 A.M. to 6:30 P.M.  
Saturday & Sunday: 9:30A.M. to 6:30 P.M.

##### **Pagosa Springs**

35 Mary Fisher Circle  
Monday thru Thursday: 8:00 A.M. to 4:30 P.M.  
Friday: 8:00 A.M. to 3:30 P.M.

##### **Mancos**

1100 E. Railroad Dr.  
Monday thru Friday: 8:00 A.M. to 5:00 P.M.  
Closed Noon to 1:00 P.M.

Payment is due at the time of service. By collecting payment at the time of service, no claim is submitted to an insurance provider, no bills have to be mailed or processed, and other paperwork is reduced, which lowers the overall cost of providing the service. That savings is passed on to you in the form of lower testing fees.

#### **4. Review your results**

Mercy's laboratory follows health information privacy laws to ensure that we maintain the confidentiality of all tests and results. Your Laboratory Test Report will be mailed to you a few

days after the test. If you prefer, you may pick up your results personally at the main laboratory. Along with your test results, the report will include normal reference ranges for each of your tests. If your result for any test is outside the normal reference range for that test, it is flagged to indicate whether it is above or below the normal expected screening results. **If any of your laboratory test results are flagged as being outside of the normal reference range for that test, or are significantly different from previous results, PLEASE MAKE AN APPOINTMENT TO CONSULT WITH A QUALIFIED HEALTHCARE PROVIDER. It is important to remember that diseases or health problems cannot be diagnosed or treated with laboratory tests alone.**

#### Direct Pay Testing

*47 additional affordably priced tests are available through Mercy's Direct Pay program. Unlike Direct Access tests, Direct Pay tests require a provider's order, but because payment is collected at the time of service, patients benefit from the same low test prices.*

#### A Commitment to Quality

Mercy Regional Medical Center's laboratory is accredited by the Joint Commission and CLIA. Our skilled staff includes 52 professionals with an average of more than 17 years of experience. Every year more than 320,000 tests are performed at the hospital's laboratory for hospital patients and patients of more than 150 providers.

## DIRECT ACCESS TEST MENU

Please see Glossary for test descriptions

• ALT (SGTP)	\$ 6
• AST (SGOT)	\$ 6
• Blood Type (ABO/Rh)	\$ 25
• Basic Metabolic Panel	\$ 18
• CBC (w/Diff)	\$10
• CBC w/o Diff (Hemogram)	\$ 8
• Cholesterol	\$ 6
• Complete Metabolic Panel	\$25
• CRP Quant	\$15
• Diabetes Screen (Glu, HgB A1C)	\$23
• Drug Screen (Dip Only)	\$45
• Estradiol	\$45
• Ferritin	\$30
• Folate	\$30
• FSH	\$29
• Glucose	\$ 6
• Hemoglobin A1C	\$17
• Hepatic Function Panel	\$18
• Hep C Antibody	\$40
• Homocysteine	\$35
• Iron	\$15
• Iron/TIBC	\$35

• Iron Function Panel (Iron, TIBC, Ferritin)	\$65
• Lipid Panel	\$20
• Pregnancy Test (Beta HGC; serum or urine)	\$20
• PSA Screen	\$27
• RA Test (Rheumatoid Factor)	\$14
• Sed Rate (ESR)	\$ 8
• T4, Free	\$18
• Triglycerides	\$ 6
• TSH	\$25
• Uric Acid, Blood	\$ 6
• Urinalysis w/Micro	\$ 7
• Vitamin B12	\$35

## Glossary

*Following is a glossary of tests available through the Direct Access testing service at Mercy Regional Medical Center. These tests may help you learn more about your body and detect potential problems in their early stages, when treatment or changes in personal health habits can be most effective.*

### Direct Access Tests

**ALT (*Alanine Aminotransferase*)** Liver damage from alcohol, strenuous exercise, and various diseases can cause high values of both ALT and AST. You should arrange for an appointment with your health care provider to evaluate high levels of both ALT. Low values are not generally considered significant.

**AST (*Aspartate Aminotransferase*)** AST is released into the blood stream when the heart, liver, or muscles are damaged. Increased levels are usually associated with liver disease or heart attacks. You should arrange for an appointment with your health care provider to evaluate high levels of AST. Low values are not generally considered significant.

**Blood Type (*ABO & RH*)** Blood types are inherited characteristics determined by various antigens (substances in the blood which stimulate antibody formation) that are present on the red blood cells and that are governed by the laws of genetics. The ABO and Rh blood group systems are the most clinically important in cross-matching because the A, B, and Rh substances are strongly antigenic if transfused into individuals who lack them.

**BMP *Basic Metabolic Panel (sodium, potassium, chloride, carbon dioxide, creatinine, blood urea nitrogen, glucose, calcium)*** This panel tests for disease or malfunction of the heart, liver, kidney, and bones.

**CBC (w/Diff) *Complete Blood Count - white blood cells, red blood cells, hemoglobin, hematocrit, mean cell volume, mean corpuscular hemoglobin, platelet count.*** This test screens for cell abnormalities and evidence of medical conditions. It is most commonly used to screen for infection, anemia and other blood disorders such as leukemia.

**CBC w/O Diff (Hemogram)** The only difference this and the CBC w/Diff is that this test does not differentiate the types of white cells.

**Cholesterol** Elevated levels of cholesterol have been shown to be associated with a higher risk of heart disease and clogged blood vessels.

**CMP *Complete Metabolic Panel (BMP plus albumin, total bilirubin, alkaline phosphatase, total protein, ALT, AST)*** In addition to the BMP tests, this screen provides indicators for malnutrition, disease or damage to the heart, liver, kidney, bone and bile duct, and severe injury.

**CRP Quant (*C-reactive protein, quantitative*)** is used to detect inflammatory disease. If your blood shows an elevated CRP level, you should make an appointment to see your healthcare provider.

**Diabetes Screen (*glucose and hemoglobin A1C*)** measures sugar metabolism, long-term diabetic control and/or the presence of diabetes.

**Drug Screen (*test for amphetamines, barbiturates, benzodiazepines, cocaine, methamphetamines, opiates, PCP, and THC*)** Drug screens are usually performed to detect the presence of unprescribed substances or misuse of toxic agents. The test performed is a qualitative on-the-spot urine test, with the urine specimen collected in the laboratory under controlled conditions. The drug screen will detect the presence of any of the following drugs: amphetamines, barbiturates, benzodiazepines, cocaine, methamphetamine, opiates (heroin, morphine and codeine), PCP (phencyclidine) and THC (marijuana).

**Estradiol** Estradiol determinations are useful in the investigation of precocious puberty in girls and gonadal dysfunction in men. Estradiol levels can be used to monitor ovulation induction and to assess estrogen excretory patterns in menstruating females.

**Ferritin** Ferritin determinations are frequently combined with iron and TIBC measurements to provide a more accurate assessment of your entire iron status, and to monitor therapy during the treatment of iron deficiency or overload.

**Folate** Low folate levels are associated with chronic alcoholism, pregnancy, drugs such as phenytoin, low folate intake, and macrocytic anemia. Folate deficiency causes macrocytic anemia.

**FSH (*follicle stimulating hormone*)** Increased levels of FSH are associated with menopause and primary ovarian hypofunction in females, primary hypogonadism in males, alcoholism, and castration. Decreased FSH levels are caused by anorexia nervosa, hemochromatosis, and/or pituitary tumors. It is also used in patients treated with estrogens and androgens.

**Glucose** A high blood glucose level suggests diabetes. A low glucose level accompanied with symptoms such as weakness, nausea, sweating, and difficulty thinking clearly is suggestive of hypoglycemia. Even if you know you have diabetes, it is important to see your healthcare provider to discuss any abnormal levels.

**Hemoglobin *A1C*** An elevated value of hemoglobin A1C may be an indication of diabetes. Elevated values can also serve as an indicator of long-term diabetic control. You should make an appointment with your healthcare provider to discuss any abnormal values. It has not been established whether low values are significant.

Hepatic Function Panel (*albumin, total and direct bilirubin, alkaline phosphatase, total protein, ALT, AST*) This test panel is used primarily to detect liver damage and liver disease, but will also indicate the presence of malnutrition, severe injury, major bone fractures, slow bleeding over time, bone disease, or bile duct damage or disease.

Hep C Antibody This test indicates past or current hepatitis C infections. **A positive test for the hep C antibody must be reported by the laboratory to the local office of the State Board of Health.**

Homocysteine Elevated levels may be associated with individuals who are at risk for cerebral, peripheral, and cardiovascular diseases.

Iron In the presence of low iron levels, all body cells—especially in the muscle of adults and brains of children—do not function properly. On the other hand, too much iron in the body can cause injury to the heart, pancreas, joints, testicles, ovaries, etc.

Iron/TIBC (*iron and total iron binding capacity*) A low TIBC suggests malnutrition or iron excess. A high TIBC suggests iron deficiency.

Iron Function Panel (*iron, TIBC, ferritin*) This panel is used to detect iron deficiency or excess, malnutrition, and to monitor the effectiveness of treatment for iron deficiency or excess.

Lipid Panel (*cholesterol, triglycerides, HDL, LDL, coronary risk*) This panel, which measures your total cholesterol, triglycerides, HDL (“good” cholesterol), LDL (“bad” cholesterol), and the ratio of your total cholesterol to your HDL cholesterol, helps determine the risks and/or presence of heart disease.

Pregnancy Test (*beta-HCG screen*) This pregnancy screen can be performed with either a urine or blood sample. If you want to use a urine specimen, the sample should come from the first morning void.

PSA Screen (*prostate specific antigen*) Elevations of PSA may occur in men with prostate cancer or non-cancerous prostate conditions. You should make an appointment with your healthcare provider for further evaluation of all elevated levels.

RA Test (*rheumatoid factor*) Rheumatoid factor (RF) may be found in blood samples from a variety of autoimmune diseases as well as in up to 10% of apparently healthy individuals.

Sed Rate (*ESR*) ESR may be used to detect occult organic diseases and follow the course of inflammatory conditions such as rheumatoid fever, tuberculosis, rheumatoid arthritis and myocardial infarction.

T4, Free High levels of free T4 indicate an overactive thyroid and low levels indicate an underactive thyroid.

Triglycerides High triglyceride levels may be related to a higher risk of heart disease. Low values are not generally considered significant.

TSH (*thyroid-stimulating hormone*) Either high or low TSH levels are indications of thyroid malfunctions. If you are taking thyroid hormone medication, the TSH test can also detect if the dosage is correct.

Uric Acid A high level of uric acid may cause gout, arthritis, or kidney stones. Kidney disease, stress, alcohol, diet and certain diuretics may elevate the uric acid level. High levels should be evaluated through an appointment with your healthcare provider; low values are not generally considered significant.

Urinalysis with Microscopy helps to indicate the presence of urinary tract infection as well as systemic illness due to kidney disorders.

Vitamin B12 Vitamin B12 deficiencies can indicate neurological abnormalities, macrocytic anemia, gastrectomy, diseases of the small intestine, or low vitamin B12 intake. Vitamin B12 deficiency may cause macrocytic anemia.