



**LOMA VATA
HOLISTIC CARE**

Dr Merryn Thomae

Endocrinologist & General Physician
BMedSci(Hon), BMed(Hon), FRACP

PO Box 3142
South Brisbane QLD 4101

E: merryn@stabilise.com.au
M: 0424 969 987
F: 07 3036 6991

GUIDE TO REQUESTING PATHOLOGY TESTS

Nutritional Screening Panel in Adults:

Suggested Pathology tests:

FBC, ELFT Ca/Mg/PO4

Fasting lipids (Chol, Trigs, HDL, LDL) & glucose

Iron Studies & CRP

B12, Active B12 & Folate

Coagulation tests

Vitamin A, Vitamin E, Vitamin D

Chromium, Zinc, Selenium

Serum copper & caeruloplasmin

Manganese

(Consider free fatty acids)

Consider adding the following laboratory tests to screen for pathological malabsorptive states based on clinical suspicion:

Inflammatory bowel disease: Serum ASCA, ESR & Faecal Calprotectin

Helicobacter Pylori Infection: Urea Breath Test or H. Pylori Serology or H. Pylori Stool Antigen Test (preparation for testing is required e.g. cessation of proton pump inhibitor medication +/- substitution with an H2 receptor blocker such as Famotidine or Nizatidine)

Exocrine Pancreatic Insufficiency: Faecal elastase

Gastrointestinal Infection: Stool multiplex PCR panel, stool MCS, stool ova / cysts / parasites, stool C.Difficile testing, in known immunocompromised individuals – consider specific lab tests for CMV, HSV, candida / fungi

Dr. Merryn Thomae

B Med Sci (Hon), B Med (Hon), FRACP

Endocrinologist & General Physician



LOMA VATA
HOLISTIC CARE

Dr Merryn Thomae

Endocrinologist & General Physician
BMedSci(Hon), BMed(Hon), FRACP

PO Box 3142
South Brisbane QLD 4101

E: merryn@stabilise.com.au
M: 0424 969 987
F: 07 3036 6991

Yours sincerely,

Dr. Merryn Thomae
B Med Sci (Hon), B Med (Hon), FRACP
Endocrinologist & General Physician