

Any Lab Test Now

COMPREHENSIVE METABOLIC PANEL (CMP) TEST

DESCRIPTION

The Comprehensive Metabolic Panel (CMP) includes 14 essential tests that are typically requested by your doctor as part of a routine check-up or annual physical. This panel gives you or your doctor a clearer picture of your overall health. See below for additional details on its test components. Note: This panel requires fasting. Do not eat for 10-12 hours before taking the panel to ensure its accuracy.

- Sodium (Na) Potassium (K), Chloride (C) and Carbon Dioxide (CO₂) - When tested, irregular values in these “electrolytes” can indicate trouble with your body’s salt/water or acid/base balance. Dehydration, vomiting, medications and kidney problems can cause these health issues.
- Albumin (Alb), Alkaline Phosphatase (ALP), and Total, Aspartate Transaminase (AST); and Alanine Transaminase (ALT) – These are proteins and enzymes found in the blood. Abnormal levels of any of these tests can indicate liver damage or liver disease.
- Blood Urea Nitrogen (BUN), Calcium (Ca), Creatinine (Cr), and Glucose Testing – These tests check for a range of problems that affect the kidneys, including kidney disease. These also measure the waste in the blood that may affect kidney filtration.

WHY DO I NEED THIS TEST?

This is one of the most common blood tests available and it gives you a tremendous amount of information about your health.

HOW LONG WILL IT TAKE TO GET MY LAB TEST RESULTS?

Test results generally take between 24 to 72 business hours after your specimen is collected.

AM I REQUIRED TO FAST FOR THIS LAB TEST?

Yes. Do not eat for 10-12 hours before taking the panel to ensure its accuracy.

OTHER RELEVANT LAB TESTS

Most customers who are interested in the CMP decide to upgrade to the Basic Check-Up Panel, a Comprehensive Male Panel or the Comprehensive Female Panel. All of these Value Panels include the Comprehensive Metabolic Panel as well as other important tests.

WRITTEN BY:

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Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.

FOR MORE INFORMATION OR TO SCHEDULE YOUR TEST TODAY CALL 1.800.384.4567

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