

Under what conditions should I have my blood test done ?

Instructions :

Fasting is required unless you have severe symptoms

(you may take your thyroid medication beforehand, but you must not take any calcium supplement)

If possible, always use the **same laboratory** for your blood tests.

EVERY 6 MONTHS

A blood test is recommended at least twice a year to monitor hypoparathyroidism.

Here is an example of a follow-up test prescription to be done every 6 months (which includes 24-hour urine collection and vitamin D measurement).

Don't forget to check your TSH level if needed !

Prescriptions related to long-term illness treatment (listed or unlisted conditions)
(EXEMPT CONDITION)

IMPORTANT ! Results **must be brought** the day of the consultation.

Blood test : electrolytes, calcium, venous bicarbonate, total protein, creatinine, phosphate, magnesium

Thyroid panel : high-sensitivity TSH

Phosphocalcic panel : 25 OH Vitamin D3 (monitoring deficiency in CKD)

24-hour urine collection : creatinine, calcium, sodium

Instructions : every 6 months for 1 year.

In case of symptoms or change in treatment

- **If you experience symptoms of hypocalcaemia or hypercalcaemia**

(such as excessive thirst, headache or nausea)

- **After any change in your treatment**

If you do not have any symptoms, it may be best to wait at least 10 days before repeating the test, to give your new treatment time to stabilise. Ask your doctor for advice !

The same prescription remains valid for as many times as needed !

Prescriptions related to long-term illness treatment (listed or unlisted conditions)
(EXEMPT CONDITION)

IMPORTANT ! Results **must be brought** the day of the consultation.

Blood test : electrolytes, calcium, creatinine, phosphate, magnesium

Instructions : To be carried out if symptoms of hypocalcaemia occur.
Valid as many times as needed for 1 year.