VITALS VAULT

FREE GUIDE

GLP-1 Labs
To Know and Ask

A one-page sheet for people considering or using a GLP-1 medicine: the labs and checks clinicians often discuss, write-in lines for your own numbers, and questions to ask.

MY NUMBERS (WRITE IN)

Check	My result	Date	Lab or range
Vitamin B12			
Vitamin D (25-OH)			
BUN and creatinine			
Ferritin (iron stores)			
Bone density T-score			

STRENGTH CHECKS (WRITE IN)

Check	Start	Later
Weight		
Grip strength		
Chair stand test		
Stairs or walking test		

BEFORE A VISIT, TICK WHAT I HAVE NOTED

- ☐ Medicines and supplements listed
- ☐ Nausea or vomiting this month
- ☐ Fluids and urine color tracked
- ☐ Meals and protein noted
- ☐ Hair, nail or bruising changes
- ☐ Fatigue noted with dates
- ☐ Past fractures or bone scan
- ☐ Strength checks written down

QUESTIONS TO ASK

- ☐ Which blood tests fit my history now, and when will each be repeated?
- ☐ How will strength and body composition be tracked, not only weight?
- ☐ Should bone density, kidney numbers or nutrient levels be part of my plan?
- ☐ Which of my medicines or supplements could affect these results?
- ☐ What changes should make me contact you before my next scheduled review?

Sources: Patient handout on nutrition with GLP-1 medicines; STEP 1 scan subset; SELECT fracture analysis. Our own checklist. Handout figures name no trials.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com