



Lab tests and follow-up schedule

for therapeutic carbohydrate restriction

LAB TEST	BASELINE CHECK	FOLLOW-UP TEST
Glucose	Everyone	Daily self checks if on diabetes medications
Liver function tests (LFT)	Everyone	If baseline elevation, recheck in 6-12 weeks If baseline is normal, recheck annually
Basic metabolic panel (BMP), fasting	Everyone	Annually
Hemoglobin A1c (HbA1c)	Everyone	Every 3 months until stable, then every 6-12 months
Lipid panel Nuclear magnetic resonance (NMR) or advanced testing if available	Everyone	Initial recheck at 6-12 weeks; after that, every 3-12 months based on results
Insulin/HOMA-IR	Everyone	Initial recheck at 6-12 weeks; after that, every 3 months until stable
Thyroid-stimulating hormone (TSH)	Everyone	Recheck only if symptoms of hypothyroidism are present
Uric acid	Those with history of gout or uric acid kidney stones	Recheck at 3 months; after that, annually or if symptomatic