



## IV Health Sunshine Coast Blood Test Guide

### Introduction

At IV Health Sunshine Coast, we believe in a proactive, personalised approach to health and well-being. Understanding your unique health needs starts with the right information. This guide outlines important blood tests that can help identify underlying causes of common symptoms and support tailored IV therapy and integrative, functional care. We encourage you to use this guide in discussion with your healthcare provider to determine which tests are most relevant.

---

### How to Use This Guide

This guide is designed to help you and your healthcare provider make informed decisions about your health. Not all tests are necessary for everyone—your provider will help you determine which are most relevant based on your symptoms, history, and health goals.

---

### Why Are Blood Tests Important Before IV Therapy?

IV nutrients are delivered directly into the bloodstream, bypassing the digestive system. This allows for faster and more effective absorption but also means it's essential to understand your current health status before beginning therapy. Blood tests help to:

1. Assess your current nutritional levels and identify what your body needs.
  2. Ensure your kidneys and liver are functioning well, as these organs process everything delivered via IV.
  3. Detect any inflammation, hormonal imbalances, or metabolic concerns that may be affecting your health.
  4. Confirm that recommended therapies are safe and appropriate for you.
  5. Provide a baseline to measure your progress over time.
- 

### How to Use This Guide

- Download and bring this guide to your next appointment with your health care provider to start a conversation about your health and discuss which tests are appropriate for you.
  - Ask for a copy of your results. You are entitled to them, and we can review them with you.
  - Some tests may require fasting. Your provider or collection centre will advise you.
  - Some tests may be Medicare rebated depending on your clinical situation.
- 

### Disclaimer:

This guide is for informational purposes only and does not replace professional medical advice. Always consult your healthcare provider before making decisions about medical testing or treatment.

---

## IV Therapy Safety Screening

These tests are recommended for all patients before any IV treatment begins, to ensure your kidneys, liver, thyroid and blood are functioning safely.

Test	Why It Matters	Requested
<b>Full Blood Count</b>	Checks red and white blood cells and platelets — overall blood health	
<b>Kidney Function</b>	Kidneys process everything delivered via IV — must be functioning well	
<b>Liver Function</b>	Assesses how well your liver is processing nutrients and medications	
<b>Electrolytes</b>	Ensures your sodium, potassium, and other minerals are balanced	
<b>TSH</b>	Thyroid Stimulating Hormone (TSH) is the primary screening marker for thyroid function. Abnormal TSH can indicate underactive (hypothyroid) or overactive (hyperthyroid) thyroid, both of which can impact energy, metabolism, mood, and overall health.	
<b>Free T4</b>	Free T4 measures the inactive thyroid hormone produced by the thyroid gland. It helps clarify whether the thyroid is producing enough hormone and is essential for understanding the cause of abnormal TSH.	
<b>Free T3</b>	Free T3 measures the active form of thyroid hormone that your cells actually use. Low Free T3 can cause symptoms even if TSH and Free T4 are normal. It is crucial for energy, metabolism, and overall well-being.	

In addition to the above tests other tests may need to be considered depending upon signs and symptoms – your healthcare provider can assist you with this.

### Fatigue and Low Energy

Test	Why it Matters	Requested
<b>TSH</b>	The primary screening marker for thyroid function.	
<b>Free T4</b>	Measures the inactive thyroid hormone produced by the thyroid gland.	
<b>Free T3</b>	Measures the active form of thyroid hormone that your cells actually use.	
<b>Thyroid Peroxidase Antibodies</b>	Identifies autoimmune thyroid disease (Hashimoto's) which can be present even when TSH appears normal.	
<b>Vitamin D</b>	Deficiency is extremely common and linked to fatigue, immune issues, hormonal imbalance, mood and bone health.	
<b>Vitamin B12</b>	Essential for energy, nerve function and red blood cell production.	
<b>Active B12</b>	A more sensitive marker of B12 status than standard B12 testing.	
<b>Serum Folate</b>	Important for cell division, DNA repair and neurological function.	
<b>Vitamin C</b>	Rarely tested but highly relevant for immune function, adrenal health and IV C therapy planning.	
<b>Zinc</b>	Critical for immune function, wound healing, fertility and hormonal health.	

Test	Why it Matters	Requested
<b>Magnesium</b>	Involved in over 300 enzyme reactions — deficiency is very common and contributes to fatigue, muscle cramps, anxiety and poor sleep.	
<b>Selenium</b>	Important for thyroid function, immune health and fertility.	
<b>Iron Studies &amp; Ferritin</b>	Iron deficiency is the most common nutritional deficiency and a leading cause of fatigue, even when you are not technically anaemic. Ferritin (stored iron) is the most sensitive early marker.	
<b>Fasting Glucose</b>	Screens for pre-diabetes and blood sugar instability.	
<b>HbA1c</b>	Reflects your average blood sugar over the past three months.	
<b>Fasting Insulin</b>	Identifies insulin resistance before blood glucose becomes abnormal — often missed in standard testing.	
<b>Morning Cortisol</b>	Assesses adrenal function and the body's stress response — low cortisol is a common but overlooked contributor to fatigue.	
<b>CRP / ESR</b>	Markers of systemic inflammation — chronic inflammation can be a significant contributor to persistent fatigue.	
<b>DHEAS</b>	An adrenal androgen that declines with age, relevant to energy and hormonal balance.	
<b>Omega-3 Balance</b>	Omega-3 deficiency linked to chronic inflammation and hormonal imbalance, affecting energy levels.	

### Menopause, Andropause, Fertility & Hormonal Optimisation

For patients experiencing symptoms of hormonal transition including hot flushes, mood changes, fatigue, reduced libido, brain fog, or sleep disruption.

Test	Why it Matters	Requested
<b>LH</b>	Triggers ovulation in women and supports testosterone in men.	
<b>FSH</b>	Assesses ovarian and testicular function.	
<b>Oestradiol</b>	Important for egg development, uterine lining, and bone health.	
<b>Progesterone</b>	Supports implantation and early pregnancy; tested at a specific point in your cycle.	
<b>Prolactin</b>	Elevated levels can suppress ovulation and affect fertility.	
<b>AMH</b>	Reflects ovarian reserve; important to cease Vitamin B supplements 3–4 days before testing.	
<b>Testosterone</b>	Important for libido, energy, and sperm production in men; elevated in PCOS in women.	
<b>Free Testosterone</b>	The biologically active portion of testosterone.	
<b>SHBG</b>	Affects how much testosterone is available to your cells.	
<b>DHEAS</b>	Relevant to PCOS, adrenal health, and andropause.	
<b>Free Androgen Index</b>	Helps assess androgen excess or deficiency through a calculated ratio.	
<b>CRP</b>	Screens for inflammation that may affect reproductive outcomes.	

## Immune Health and Inflammation

Test	Why it Matters	Requested
Full Blood Count with Differential	Assesses all blood cell types including detailed white cell breakdown — important for immune function assessment	
CRP / hs-CRP	C-reactive protein — a sensitive marker of systemic inflammation	
ESR	Erythrocyte sedimentation rate — a general inflammation marker	
Vitamin D	Low vitamin D is strongly linked to immune dysfunction and increased susceptibility to illness	
Vitamin C	Highly relevant for immune function and adrenal health	
Zinc	Critical for immune cell production and function	
Copper	Works alongside zinc in immune regulation	
Selenium	Important for thyroid function and immune health	
Histamine (optional)	Relevant for patients with suspected histamine intolerance or mast cell activation	

## Oncology/Cancer

Test	Why it Matters	Requested
G6PD	Required before high-dose Vitamin C infusions — a genetic enzyme deficiency that can cause a serious reaction if not identified before	

## Omega Fatty Acid Balance Test

IV Health Sunshine Coast offers an Omega Balance Test — a simple in-clinic or at-home finger-prick test that measures 11 key fatty acids including your omega-6 to omega-3 ratio. This is separate from standard pathology and does not require a referral.

Omega-3 deficiency is one of the most common and clinically significant nutritional deficiencies — linked to chronic inflammation, cardiovascular disease, hormonal imbalance, poor immune function, and reduced fertility. The test provides an objective baseline of your inflammatory status at a cellular level and can be retested after 120 days to show your improvement in real numbers. **Ask about this foundational test-based nutrition when you next visit.**

## Next Steps

Once you have your results, bring them along to your consultation or send them through to us — we will review them as part of your personalised treatment plan.

If you have any questions about which tests may be relevant for you, please don't hesitate to call the clinic on 07 5406 0689.

We are always happy to help guide you.