

YOUR LAB RESULTS DISCUSSION GUIDE

Understand the conversation. Prepare your next questions.

A practical health resource from

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Lab results are one piece of your health picture. Use this guide to prepare for a productive discussion with the clinician who knows your history and can interpret your results in context.

Educational guidance for preparation and self-advocacy—not a substitute for individualized medical care.

Before You Review Results

My reason for getting labs:

My symptoms, health goals, or questions:

Important context to mention

- Current medicines, vitamins, herbs, or supplements
- Whether I was fasting, ill, dehydrated, exercising heavily, or under major stress
- Menstrual-cycle stage, pregnancy/postpartum status, or menopause-related changes, when relevant
- Recent illness, travel, major dietary change, or change in alcohol/tobacco use
- Family history and prior results

My results at a glance

Test	My result	Reference range shown	Previous result / date	Questions I have

Questions to Ask

Use the questions that apply to you.

- What does this result mean in the context of my symptoms, history, and other results?
- Is this result meaningfully high or low, or could it reflect a temporary change?
- Do I need repeat testing, another test, or no additional testing at this time?
- Are there lifestyle, medication, or treatment changes worth considering?
- What signs or symptoms would mean I should contact the office sooner?
- When should these labs be checked again?

My follow-up plan

Next step	Who will do it?	When?

Important note

Do not start, stop, or change prescribed medicines based only on a lab value without speaking with your clinician. This worksheet is educational and does not interpret, diagnose, or treat medical conditions.