



UTMB Health Center for Polar Medical Operations  
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## REQUIRED LABS FOR PHYSICAL QUALIFICATION

Dear USAP Participant,

Please follow the instructions in your Deployment E-mail and Deployment Packet. Present the below list of required labs to your medical provider. Please complete the following tests and send results to ASC Medical at the UTMB address listed in the header.

**Labs shall be done no earlier than six months prior to deployment.**

**You must fast for 10-12 hours prior to the blood draw.**

### Lab Tests

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| <ul style="list-style-type: none"><li>• <b>Lipid Panel T</b><ul style="list-style-type: none"><li>Cholesterol, Total</li><li>LDL – cholesterol</li></ul></li><li>• <b>Biochemistry Panel</b><ul style="list-style-type: none"><li>Bilirubin, Total</li><li>Chloride</li><li>Glucose, Serum</li><li>Aspartate Transaminase - AST (SGOT)</li><li>Sodium</li><li>HgA1c required for all Diabetics</li><li>Triglycerides</li><li>HDL – cholesterol</li><li>CHOL/HDLC ratio</li><li>Alkaline Phosphatase</li><li>Calcium</li><li>Creatinine</li><li>Potassium</li><li>Alanine Transaminase - ALT (SGPT)</li><li>Uric Acid</li></ul></li></ul> | <ul style="list-style-type: none"><li>• <b>Iron, Total</b></li><li>• <b>Iron Binding Capacity</b></li><li>• <b>% Saturation</b></li><li>• <b>CBC with differential/platelet</b></li><li>• <b>Urinalysis, reflex</b></li><li>• <b>Hepatitis B core AB total</b></li><li>• <b>Hepatitis C Antibody</b></li><li>• <b>RPR/VDRL (monitor) A</b></li><li>• <b>BO Group &amp; RH type</b></li><li>• <b>PSA: all males age 50 and up</b></li><br/><li>• <b>HIV: Recommended, but optional, for Summer deployment (September to February). Mandatory for winter-over in Antarctica (March to August) and for participants in the walking blood bank</b></li><br/><li>• <b>TSH: Mandatory for Participants with a Thyroid Disorder or winter-over in Antarctica (March to August)</b></li></ul> |
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Regards,

ASC Medical