



Essential Labs to Empower Your Postpartum Recovery

*Optimize Mood, Energy and
Recovery in The Postpartum Period*

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Essential Labs to Empower Your Postpartum Recovery

1. Complete Blood Count (CBC)
2. Comprehensive Metabolic Panel (CMP)
3. Iron Panel (Ferritin, Total Iron Binding Capacity (TICB), Transferrin, % Iron Saturation)
4. Thyroid Panel (TSH, Total T3, Total T4, Free T3, Free T4, Reverse T3)
5. Thyroid Antibodies (Anti-TPO, Antithyroglobulin)
6. Vitamin D
7. Vitamin B12 and Methylmalonic Acid
8. Folate
9. Homocysteine
10. Hemoglobin A1c



Essential Labs to Empower Your Postpartum Recovery - Why?

Complete Blood Count (CBC)

- Evaluates white blood cells, red blood cells and anemia

Comprehensive Metabolic Panel

- Evaluates liver, kidney and gallbladder function
- Looks at a few key electrolytes

Iron Panel (Ferritin, total iron binding capacity)

- Evaluates iron stores and utilization

Thyroid Panel (TSH, Total T3, Total T4, Free T3, Free T4, Reverse T3)

- Evaluates the full thyroid function and health.
- Be sure you ask for all of these as most providers will only order a screening TSH

Thyroid Antibodies (Anti-TPO, Antithyroglobulin)

- Evaluate for Autoimmune Postpartum Thyroiditis

Vitamin D

- Lets you know if you need additional supplementation or support

Vitamin B12 and Methylmalonic Acid

- Evaluates B12 stores and utilization Lets you know if you need additional supplementation or support

Folate

- Evaluates Folate stores Lets you know if you need additional supplementation or support

Homocysteine

- Evaluates utilization of Vitamin B Indirect marker of inflammation

Hemoglobin A1c

- Marker of blood sugar for the past 3 months
- Very important if you had gestational diabetes

CRP

- General measurement of inflammation in the body



Thank You!

I hope you found this checklist helpful and empowering! These labs are the first step in optimizing postpartum recovery. So make sure to bring the list with you to your 6 week postpartum appointment!

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