



Labs Before Starting GLP-1 Therapy

Physician-informed guide to essential pre-treatment laboratory evaluation, safety screening, and monitoring considerations.

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Content reviewed against published clinical literature

Published: May 2026
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Executive Summary

KEY TAKEAWAYS

- ✓ Baseline labs establish safety eligibility and a monitoring reference point
- ✓ GLP-1 medications have specific contraindications that labs can identify
- ✓ Thyroid function should be reviewed; GLP-1 class has thyroid C-cell warnings
- ✓ HbA1c, fasting glucose, and lipid panel are standard pre-treatment labs
- ✓ Kidney and liver function screening is recommended before initiating
- ✓ At-home lab testing options can reduce barriers to pre-treatment evaluation

HBA1C

Essential

Glycemic status baseline

FASTING GLUCOSE

Essential

Diabetes screening

LIPID PANEL

Recommended

Cardiovascular risk baseline

TSH (THYROID)

Recommended

Class contraindication screening

CMP / BMP

Standard

Kidney & liver function

CBC

Often Included

Complete blood count

Essential Pre-GLP-1 Labs

- **HbA1c:** Identifies pre-diabetes, type 2 diabetes, and glycemic status
- **Fasting glucose:** Confirms HbA1c findings and identifies acute hyperglycemia
- **Comprehensive metabolic panel:** Evaluates kidney function (creatinine, BUN, eGFR) and liver enzymes
- **Lipid panel:** Cardiovascular risk stratification and monitoring baseline
- **TSH:** GLP-1 class carries a boxed warning related to medullary thyroid carcinoma

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Sources & References

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