

Post-SARS-2 Checkups Checklist – NOT IN ANY HIERARCHICAL PRIORITY ORDER ATM

UPDATE: 10/22/2022: None of this is medical advice.

The blood panels that are NOT included in the May 2022 list (below) that D. Dugger cites [here](#) as being important to get are:

- ☐ **Lactate Dehydrogenase** (see link [here](#) for rationale on all of these, very important)
- ☐ **Lymphocyte Subset Panel**
- ☐ **Complete Blood Count With Differential**
- ☐ **C-Reactive Protein**
- ☐ **Prothrombin and Partial Thromboplastin Time (along with D-Dimer)**
- ☐ **eGFR (if not included in the CMP) = Estimated Glomerular Filtration Rate**
- ☐ **Vitamin D**
- ☐ **A1c**
- ☐ **Bone Mineral Density**
- ☐ **Cytokine Panel**
- ☐ **Vascular Endothelial Growth Factor**
- ☐ **Vitamin B12 and Erythropoietin**
- ☐ **HIV Associated Neurocognitive Decline Test**

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Pulled directly from the [Times of India recommended tests article](#) unless otherwise noted

- ☐ **Regularly track blood pressure & heart rate (HR)**

- ☐ **PT/INR** ([source](#))
- ☐ **Comprehensive/Complete Metabolic Panel (CMP)** ([source](#))
- ☐ **D-dimer** ([source](#))
- ☐ **Complete physical work up** ([source](#))
- ☐ **Testing for reactivated viruses post-Covid** ([source](#))
- ☐ **Complete Blood Count (CBC) tests**
CBC tests are a fundamental test that measures the different types of blood cells (RBCs, WBCs, Platelets etc) and gives you an idea of how well you have responded to a COVID infection. It could also guide you to additional measures you may need post-recovery.
- ☐ **Vitamin D test**
Vitamin D is an important nutrient that supports immune function. Studies have also shown that Vitamin D supplementation could be crucial during recovery and may even help speed up recovery. Therefore... would help deal with any deficiency, if needed.
- ☐ **Blood angiotensin-ii** ([source](#))
- ☐ **Potassium levels** ([source](#))
- ☐ **Blood Glucose test**
- ☐ **Cholesterol tests (aka Lipid Panel)**
Since the virus is susceptible to causing inflammation and clotting, some people report fluctuations and flare-up in their vital parameters, including blood glucose and blood pressure levels. This is also one of the reasons why COVID+ patients are asked to keep a track of their vitals in recovery. That being said, post-recovery, getting routine function tests such as these could be also crucial if you have pre-existing conditions such as Type-1, Type-2 diabetes, cholesterol or are prone to cardiac complications. For example, for

many COVID patients, blood glucose levels could remain altered (go higher and lower than usual) post-recovery and a revision of medications, doctor's advice may be needed. Go for frequent checkups, and keep tracking vitals now more than ever.

☐ Biochemistry function tests

☐ Creatinine function tests

☐ Liver function tests

☐ Kidney function tests

☐ Brain function tests

☐ Neurological-function tests

Many patients report neurological and psychological symptoms weeks and months after recovery, which can impact daily functioning. The emergence of these symptoms has now become a matter of concern, with more and more medical experts stressing the importance of brain and neurological function tests weeks after recovery. Lingering symptoms of COVID, such as brain fog, anxiety, tremors, dizziness, fatigue should also be looked into. **Women over the age of 40 are more prone to the risks** and may need priority testing as well.

☐ Lung Function Tests

☐ Chest scans

[HRCT](#) scans are being hailed right now for their accuracy in detecting disease severity. It also showcases the level of lung involvement caused by COVID-19. High levels of involvement and viral infection could leave many dependent on external oxygenation and respiratory support. To determine the recovery, undergoing repeat CT scans and lung function tests could be helpful and advised to some. Special precautions should be taken 3-6 months after recovery.

☐ Heart imaging scans

☐ Heart Function Tests / Cardiac screenings

A COVID-19 infection triggers widespread inflammation in the body which causes weakening and damage of important heart muscles, arrhythmias and lead to complications such as myocarditis, which is one of the most common post-COVID recovery problems reported in people. For the ones already prone to heart complication risk, it can also aggravate issues. Thus, getting proper imaging scans and heart function tests should be a priority for people, especially if they suffered from a moderate or severe infection.

People who complain of chest pain as their COVID symptom should take special precautions and schedule tests, warn doctors.

NOTE: ER DRS ADVISE THAT IF YOU HAVE CHEST PAIN OR LEFT ARM PAIN YOU SHOULD GO TO AN ER IMMEDIATELY. NOT MED ADVICE. BUT FYI.

☐ igG antibody tests

Typically, it takes the body somewhere around a week or two to develop antibodies so wait until you have recovered from the virus. In case you are donating plasma, get a test done within a month of recovery, which is also the ideal time for donation.

☐ CONSIDER ALSO: Fluorescent Microscopy ([source](#))

→ Comprehensive list with rationale for each test:

<https://www.longcovidpatient.com/diagnostics>

→ For suspected MECFS see what tests to take here:

<https://mecfsciniciancoalition.org/wp-content/uploads/2021/05/MECFS-Clinician-Coalition-Testing-Recs-V1.pdf>

→ To share with your doctor: <https://longcovidfamilies.org/healthcare/for-doctors/#testing>

→ Thread of updated test recs from @laurieallee

<https://twitter.com/laurieallee/status/1521599797806780416>

→ CDC recommendations (Last Updated Sept. 22, 2022)

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/post-covid-conditions.html>

Screenshots of their main lab test recs are as follows:

Table 1a. Basic diagnostic laboratory testing to consider for patients with post-COVID conditions

Category	Laboratory Tests
Blood count, electrolytes, and renal function	Complete blood count with possible iron studies to follow, basic metabolic panel, urinalysis
Liver function	Liver function tests or complete metabolic panel
Inflammatory markers	C-reactive protein, erythrocyte sedimentation rate, ferritin
Thyroid function	TSH and free T4
Vitamin deficiencies	Vitamin D, vitamin B12

Table 1b. Specialized diagnostic laboratory testing to consider for patients with post-COVID conditions

Category	Laboratory Tests
Rheumatological conditions	Antinuclear antibody, rheumatoid factor, anti-cyclic citrullinated peptide, anti-cardiolipin, and creatine phosphokinase
Coagulation disorders	D-dimer, fibrinogen
Myocardial injury	Troponin
Differentiate symptoms of cardiac versus pulmonary origin	B-type natriuretic peptide

Table 2a. Selected assessment tools for evaluating people with post-COVID conditions

Category	Tools
Functional status or quality of life	• Patient-Reported Outcomes Measurement Information System (PROMIS) (e.g., Cognitive Function 4a) • Post-Covid-19 Functional Status Scale (PCFS) • EuroQol-5D (EQ-5D)
Respiratory conditions	• Modified Medical Research Council (mMRC) Dyspnea Scale
Neurologic conditions	• Montreal Cognitive Assessment (MoCA) • Mini Mental Status Examination (MMSE) • Compass 31 (for dysautonomia) • Neurobehavioral Symptom Inventory
Psychiatric conditions	• Generalized Anxiety Disorder-7 (GAD-7) • Patient Health Questionnaire-9 (PHQ-9) • PTSD Symptom Scale (PSS) • Screen for Posttraumatic Stress Symptoms (SPTSS) • PTSD Checklist for DSM-5 (PCL-5) • Impact of Event Scale-Revised (IESR) • Hospital Anxiety and Depression Scale (HADS)
Other conditions	• Wood Mental Fatigue Inventory (WMFI) • Fatigue Severity Scale • Insomnia Severity Index (ISI) • Connective Tissue Disease Screening Questionnaire

Table 2b. Selected functional and other testing tools for evaluating people with post-COVID conditions

Category	Tools
Exercise capacity	• 1-minute sit-to-stand test • 2-minute step test • 10 Meter Walk Test (10MWT) • 6-minute walk test
Balance and fall risk	• BERG Balance Scale • Tinetti Gait and Balance Assessment Tool
Other	• Tilt-table testing (e.g., for POTS) • Orthostatic HR assessment

NOTE: Be very cautious around Exercise tests or suggestions of GET (Graded Exercise Therapy) – don't do it, ready why [here](#). Be cautious if MD focuses exclusively on psychological / anxiety tests.