



Comprehensive Metabolic Panel

Topic Overview

A comprehensive metabolic panel is a [blood](#) test that measures your sugar (glucose) level, [electrolyte](#) and fluid balance, [kidney](#)  function, and [liver function](#).

Glucose is a type of sugar your body uses for energy. [Electrolytes](#) keep your body's fluids in balance. They also help keep your body working normally, including your [heart](#) rhythm, muscle contraction, and [brain](#) function. The [kidneys](#) help keep the right balance of water, salts, and minerals in the [blood](#). They also filter out waste and other unneeded substances from the blood. The [liver](#) helps with digestion and produces some [vitamins](#) and other substances that the body needs. It also controls the amounts of glucose, protein, and fat in the blood and releases substances that keep your [immune system](#) healthy.

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Your doctor may order a comprehensive metabolic panel as part of a regular health examination. Your doctor may use this test to check on a medical condition, such as [high blood pressure](#), or to help diagnose a medical condition, such as [diabetes](#).

This panel measures the blood levels of albumin, [blood urea nitrogen](#), [calcium](#), [carbon dioxide](#), [chloride](#), [creatinine](#), glucose, [potassium](#), sodium, total [bilirubin](#) and protein, and liver enzymes ([alanine aminotransferase](#), [alkaline phosphatase](#), and aspartate aminotransferase).

- [Albumin](#)
- [Blood Urea Nitrogen \(BUN\)](#)
- [Calcium](#)
- [Carbon Dioxide \(Bicarbonate\)](#)
- [Chloride](#)
- [Creatinine](#)
- [Glucose](#)
- [Potassium](#)
- [Sodium](#)
- [Total Bilirubin](#)
- [Total Protein](#)
- [Alanine Aminotransferase \(ALT\)](#)
- [Alkaline Phosphatase \(ALP\)](#)
- [Aspartate Aminotransferase \(AST\)](#)

You may be asked to stop eating and drinking for 10 to 12 hours before you have this blood test.

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Further Reading:

[Slideshow: 10 Ways to Speed Up Your Metabolism](#)

[Simple Quiz: Metabolic Rate](#)

[Quiz: Diet, Exercise, and Your Metabolism](#)

[Weight Loss After 40](#)

[Boosting Metabolism to Get More From Your Workout, Lose More Weight](#)

[Fighting 40s Flab](#)

[How to Boost Your Metabolism With Exercise](#)

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