



**Boomers-In-Paradise (S.C.)**  
 Chapala, Jalisco, MX  
 (376) 106-0900

The **General Blood Work Package** each Lab offers in Mexico is always the least expensive way to acquire the tests the insurance company requires.

**BLOOD TEST and URINE TEST GUIDELINES:**

**A 12 Hour Fast is required prior to testing at any clinical laboratory**  
 Most Labs require the test to be performed before 11 AM.

Prior to going for your blood work, stop by the lab of your choice to get a specimen container in which to save your "first urine of the day". Then simply bring the lab's specimen container with you when you take your blood test. Don't forget to read our "Tips for Better Blood Work"

Simply print this form out and bring it to the laboratory of your choice. For your convenience and that of the Lab, this form is in both English and Spanish.

Name: \_\_\_\_\_  
 (Last, First Middle)  
 as it appears on your MEXICAN passport

**English:**

**Espanol:**

At the request of my Insurance company, I require a blood test with the following results, please:

A petición de mi compañía de seguros, requiero un análisis de sangre con los siguientes resultados, por favor:

**1. GENERAL BLOOD WORK (35 studies)**

**1. PERFIL GENERAL DE (35 estudios)**

The above tests will include:

- a. Complete Blood Count (CBC, WBC)
- b. Lipid Profile (included cholesterol, triglycerides)
- c. Glucose
- d. Urinalysis (Uric Acid, Creatinine, Bun)

- Las pruebas anteriores incluirán
- a. Brometria, Hemática, Completa (B4)
- b. Perfil de lípidos (colesterol incluido, triglicéridos)
- c. La glucosa
- d. Urinalysis (ácido úrico, Creatinina, Bun)

**2. Men Only - PSA**

**2. Sólo hombres - Prueba de PSA**

\*\* **Optional – Blood Test Type** \*\*

\*\* **Opcional: Tipo de análisis de sangre** \*\*

\*\* **Note:** If you are contemplating obtaining a Mexican Driver's License, **written proof** of your blood type is now required. It's most economical to get this **Blood Type** test now. It's a matter of only \$75 - \$100 extra pesos

You may use **ANY** laboratory of your choice. You are responsible for retrieving the results from the lab and emailing it to our agent.

In the Lake Chapala area we have a corporate relationship with **Dilabim Labs** (Plaza Interlago) 766-2384

**Mon-Fri** : 8 AM – 4 PM **Sat.** 8 AM to 2 PM

You will receive a discount on most **future** blood work tests when you present your Boomers-In-Paradise Membership card/key tag fob. Boomers has already negotiated a 20% discount on the **Blood Test Type** above, if you request it now (in conjunction with the 35 element test required above).