

Adult Endocrinology

Telehealth Consultations

We offer telehealth consultations for a variety of endocrinology issues. If you would like to refer a patient for a condition that is not listed below, please send your request along with the patient's chart notes to the telehealth coordinator for the specialist's consideration.

Tests Prior to Consultation (if available)

Diabetes Mellitus — Type 1 or Type 2

- Hemoglobin A1C
- TSH, Free T4
- Fasting lipid panel
- Complete metabolic panel (CMP)
- Spot urine microalbumin to urine creatinine ratio
- Finger-stick glucose log or continuous glucose monitor (CGM) report
- Results of 10 gram monofilament testing of feet
- Results of dilated retinal exam

Hypoglycemia in a Patient Without Diabetes Mellitus

- Complete metabolic panel (CMP)
- TSH, Free T4, 8 a.m. serum cortisol level with ACTH level

Thyroid Disorders

- TSH, Free T4
- Free T3, TSH receptor antibody (if hyperthyroid)
- Thyroid ultrasound report/images
- I-123 thyroid uptake and scan reports/images
- CT scan or other imaging reports/images
- Thyroid cancer patients (in addition to above):
 - Thyroglobulin and anti-thyroglobulin antibody levels
 - Surgical pathology report
 - I-131 treatment/whole body scan reports

Pituitary Disorders

- TSH, Free T4
- IGF-1 (Insulin-like Growth Factor -1)
- Prolactin, LH, FSH
- Pituitary MRI reports/images
- Total testosterone (for men) and estradiol (for women)
- 8 a.m. serum cortisol level with ACTH level
- Basic metabolic panel (BMP)

(Continued on next page)

Appointment Scheduling

New: 60 minutes

Follow-up: 30 minutes

Required Level of Presenter

None required

Required Equipment

- Videoconferencing unit
- General patient exam camera
- Stadiometer



Consultants

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Polly Teng

M.D.

UC Davis Health Clinical Telehealth Program

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Adult Endocrinology (continued)

Adrenal Nodule

- Basic metabolic panel (BMP), aldosterone, plasma renin activity
- 8 a.m. serum cortisol level with ACTH level, plasma free metanephrines
- Abdominal CT or MRI reports/images

Hypogonadism

- LH, FSH, prolactin and any available imaging
- Total testosterone (for men) and estradiol (for women)

Osteoporosis

- DXA scan report and images
- Complete metabolic panel (CMP)
- 25-hydroxy Vitamin D and Intact PTH levels
- 24-hour urine Calcium and Creatinine collection results

Calcium Disorders

- Basic metabolic panel (BMP)
- Albumin, phosphorus and magnesium levels
- 25-hydroxy Vitamin D and Intact PTH levels
- 24-hour urine Calcium and Creatinine collection results

PCOS

- Complete metabolic panel (CMP)
- Fasting lipid panel
- Hemoglobin A1c
- Total testosterone level
- Anti-mullerian hormone (AMH)
- DHEA-S
- 17-Hydroxyprogesterone level

Information Needed Prior to Scheduling an Appointment

- [Telehealth Referral Request Form](#)
- Recent history and physical and all applicable clinical information from patient's chart
- Condition-specific tests as outlined above and on the first page

Information Needed Before the Consultation Begins

- Signed [UC Davis Health Acknowledgement of Receipt: Notice of Privacy Practices](#) form (new patients only)
- Documented verbal consent from the patient for participation in a telehealth consultation
- Patient's home finger-stick blood glucose diary/log must be received before consult begins for all diabetes consultations

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