

## Blood tests

1. On your doctor's pathology request form in the 'COPY TO' section, please write: Dr Code R9265.  
This will ensure I can also view these results through my pathology platform.
2. Print out the Australian Clinical Labs (ACL) request from me, and find an ACL collection centre near you (<https://www.clinicallabs.com.au/location/>) Check opening times. ACL will take all pathology requests.
3. If they open at 8am, I suggest getting there at 7.45am so you're first (or close to first) in line, as I'd like do all these tests in a fasted state. Sipping on water while waiting is OK.
4. Take both request forms with you on the day.
5. As the ACL requests are by a private provider, the lab will issue you an invoice after all the results have been released. The prices are as per the form, plus a flat \$20 collection fee.
6. When all results have been through I'll let you know, so we can arrange a follow-up appointment.

## Blood test - preparation

To ensure the greatest level of accuracy, and use of your time and money, please consider the following in preparation for your blood test.

- Stop taking any iron, zinc, selenium, biotin or multivitamin supplement at least 3 days prior to test
- Stop intensive exercise (eg. HIIT, high cardio) for 2 days prior to test
- No alcohol at least 24 hrs before test
- No food or drinks (besides plain water) for 8-10 hours prior to the test (ie. overnight fast) Every time.
- Do not fast for longer than 10 hours (NB: 9-10 hours is ideal when testing iron studies)
- Aim for a good nights sleep - if possible
- Do not do test if you're feeling unwell or getting over a recent illness
- Do not test whilst you're on your period (unless testing Hormones, see below)
- Do not test between Day 10-20 of menstrual cycle (if applicable)
- The morning of your test, drink 1-2 full glasses of water (no tea, coffee or juice etc)
- No chewing gum or smoking the morning of the test
- If on thyroid medication, take this after you've had your blood test

## HORMONES

- To test Progesterone: this needs to be done on Day 20/21 if you have a 28/29 day cycle, otherwise if it's shorter or longer then test 7 days before your expected period.
- To test FSH, LH, Oestrogen: test on Day 3 of cycle.