

## 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 Clinical Labs (CL) request from me, find a collection centre near you and check opening times <https://www.clinicallabs.com.au/location/>
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 to 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. Clinical Labs collection centre will take all pathology requests.
5. As the CL 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 lab collection fee.
6. When all results have been released I'll let you know so we can arrange a follow-up appointment.

## Preparing for your blood test

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

- This blood test is to be done in a fasted state, so no food or drinks (besides plain water) for 8-10 hours prior to the test (ie. overnight fast). This also applies for repeat blood tests.
  - Do not fast for longer than 10 hours as this can skew some of the results.
  - If testing Iron Studies, a fasting state of 9-10 hours is ideal.
  - Stop taking any iron, zinc, selenium, biotin (often in hair/nail supplements) 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
  - 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 instructed)
  - 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) Also no chewing gum.
  - If you're on thyroid medication, take this after you've had your blood test
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- To test Progesterone: this test needs to be done on Day 20/21 only if you have a 28/29 day cycle.  
If your cycle is shorter or longer, do the test 7 days before your expected period is due.
  - To test FSH, LH, Oestrogen: test on Day 3 of cycle/period.