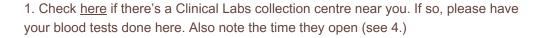




Blood tests

OPTION 1 - Using Clinical Labs (preferred)





- 2. On your **GP's request form** in the 'COPY TO' section, please write: Dr Code R9265. This will ensure I can view all results (those requested by myself and the GP) online.
- 3. Print out my Clinical Labs request form. Take <u>both</u> request forms with you on the day. Clinical Labs will take all pathology requests.
- 4. 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 you to do all tests in a fasted state. See next page for *Preparing for your Blood Test*.
- 5. As Naturopaths are private providers (not Medicare covered), the lab will issue you an invoice for the tests on <u>their</u> request form. You'll receive this invoice by post in 2-3 weeks. The prices are as per the form, plus a flat \$20 lab collection fee. You then pay Clinical Labs directly via their invoice (payment options include BPAY, BPoint, phone).
- 6. When all results have been released, I'll email you so you can book in your First Follow-Up Appointment.

OPTION 2 - Using another pathology collection centre

- 1. If, due to your location, you cannot access any Clinical Labs collection centres please use your nearest centre instead. Also note the time they open (see 4.)
- 2. On your GP's request form in the 'COPY TO' section write: PATIENT. This means a copy of the results will be posted or emailed to you from the lab. It's always a good idea to collect copies of all your test results. Or, you can wait to see your GP next to collect copies from them in person.
- 3. Print out my Clinical Labs request form. Take both request forms with you on the day for the test.
- 4. 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 you to do all tests in a fasted state. See next page for *Preparing for your Blood Test*.
- 5. As Naturopaths are private providers (not Medicare-covered), the lab where you have the test will issue you an invoice for the other tests <u>not</u> on the GP's form. You'll receive this invoice by post in 2-4 weeks. The prices are typically the same, or close to those on the form. You then pay the lab directly via their invoice.
- 6. When you receive all your results, please email or upload these to your My Appointments account (under Test Results) and book a <u>First Follow-Up Appointment</u>.

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 (also noted on the request form)
- Stop taking any *iron*, *zinc*, *selenium*, *biotin* (often in hair/nail supplements) or *multivitamin* supplement <u>at least 3 days</u> 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/realistic
- · 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 to do so)
- 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
- If testing FSH, LH, Oestrogen: test on Day 2-3 of your cycle/day 2-3 of your period. We would have discussed this.
- If testing <u>Progesterone</u>: this test needs to be done on 5-7 days following ovulation. If you have a 28-day cycle, this test will need to be done on days 19-22 of this cycle. If you're unsure when or if you're ovulating, we would have/we will discuss this.