

## Blood tests

### **OPTION 1 - Using Clinical Labs (preferred)**



1. Check [here](#) if there's a Clinical Labs collection centre near you. If so, please have your blood tests done here. Also note the time they open (see 4.)
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 both 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 their 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), Clinical Labs will issue you an invoice for the tests on their 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 you receive all your results, please email or upload these to your My Appointments account (under Test Results) and book a First 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 (also noted on the request form)
  - 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/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 Progesterone: 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.
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