

## HEALTH & HORMONE – BLOOD TEST -DC Test Preparation

### Step 1- Patient Preparation

1. **Medications** – Continue to take any required medications. If you are taking hormones, avoid taking them prior to testing and take after the test is complete.
2. **Supplements** – Continue to take any supplements you are currently taking, unless otherwise advised.
3. **Complete Fasting** – Is required only if indicated on your requisition (i.e. if testing for fasting glucose, or a cholesterol panel is included. If so you must fast for at least 8-12 hours prior to this test – including no food, coffee, tea or water.

### Step 2 – Health & Hormone Testing

1. Go to [www.dynacare.ca](http://www.dynacare.ca) to pre-book your appointment for lab work after 730am the day of testing to avoid waiting if you wish.
2. If morning cortisol is included please go in the morning shortly after waking.
3. If you have a menstrual cycle please go approximately 7 days prior to your next cycle i.e. day 21 of 28 unless otherwise instructed.
4. Proceed to the lab that is designated on your requisition.

**Test results** are generally available 2 weeks after lab testing. Please schedule a follow-up appointment with your healthcare team member to review the results and integrate into your health plan.

**Insurance & OHIP:** This test is not covered by OHIP. You will be required to pay for this test at the clinic and then seek reimbursement from your employment or private health care plan if applicable. You may be asked to pay for tests directly that are not included in the Health & Hormone Panel if add-ons are included.

If you have any questions [info@revivelif.ca](mailto:info@revivelif.ca) or 613-829-7100