

LYME TEST with TEST KIT 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 if hormones are being tested as well.
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 –Lyme Testing

1. Receive your test kit. Read all the directions prior to testing.
2. Go to www.dynacare.ca to pre-book your appointment for lab work after 730am the day of testing to avoid waiting if you wish.
3. If morning cortisol is included please go in the morning shortly after waking.
4. 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 if hormones are being tested.
5. Proceed to the lab that is designated on your requisition and provide the technician with your test kit. The lab technician will take your sample and prepare it for you to ship.

Step 3 - Shipping

1. Next follow the directions to ship the test kit to the lab. Ship Monday – Wednesday for best results. Keep a record of the shipping number and email it to the clinic so that we can track your test results.

Note- Please refer to test kit and if any variation exists between the information here and your test kit, follow your test kit instructions. Additional information is provided in the test kits regarding preparation, collection and medications, circumstances, medical conditions, supplements, etc. that may affect the results of the test.

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 Panel if add-ons are included.

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.

If you have any questions: 613-829-7100 or info@revivelif.ca