

MICRONUTRIENT 1, FATTY ACID AND OR AMINO ACID – BLOOD TEST -DC Test Preparation

Step 1- Patient Preparation

1. Discuss with your practitioner if it is best to discontinue your non-essential supplements 1 week – 12 weeks (depending on the method of testing selected) prior to testing to get a baseline without supplements OR to continue your supplement routine to assess your micronutrients and level of absorption that you are getting with the supplements of choice presently.
2. Continue to take any required prescription medication unless directed by your physician.
3. Complete Fasting – Is not required unless indicated with additional added tests as 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 – Micronutrient 1, Fatty Acid and or Amino Acid Test

4. Go to www.dynacare.ca or the lab on your requisition's website to pre-book your appointment for lab work after 730 am the day of testing to avoid waiting if you wish.
5. Proceed to the lab that is designated on your requisition. The lab technician will take your sample.

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@revivelife.ca