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| **MICRONUTRIENT 2 – BLOOD TEST -SC**  **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. Freeze the provided ice pack from the test kit for 24 hours if outside temperatures are above 90 degrees Fahrenheit or 32 degrees Celsius. DO NOT FREEZE ICE PACK IF OUTSIDE TEMPERATURE IS BELOW 90 DEGREES FARENHEIT OR 32 DEGREES CELSIUS. 4. 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 2 – Blood Test**   1. You will be provided a test kit with lab requisition and an additional lab requisition for a blood draw at a local lab. 2. You can book an appointment beginning at 7am the morning of by going to [dynacare.ca](http://www.dynacare.ca/) or the designated lab on your requisition. 3. Proceed to the lab as designated on your requisition AND test kit. 4. Have your blood test taken and receive your test kit back with your blood sample to be shipped to Spectracell lab.   **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.  **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](mailto:info@revivelife.ca) |