

Patient Guide: Health & Hormone Blood Panel ND

For more information, visit [Revivelifelife Clinic – Hormone Care](#).

1. **Bloodwork** Complete your lab tests at **Dynacare Labs or Lifelabs**.
 - a. Dynacare: [Dynacare - Find a Location](#)
 - b. Lifelabs: [Appointment Book - Life Labs](#)

Patient Preparation

Medications: Continue taking prescribed medications. If you are on hormones, do not take them before testing; take them after your blood draw.

Supplements: Continue your usual supplements unless otherwise advised.

Fasting: Required only if indicated on your requisition (e.g., fasting glucose or cholesterol panel). If fasting is required, avoid food, coffee, tea, and water for 8–12 hours before your test.

Timing: Bloodwork should be done in the morning before 9:00 AM.

Women: Schedule testing ~7 days before your next menstrual period (around day 21 of a 28-day cycle), unless otherwise instructed.

Biomarkers: Nutrients: (B12, Ferritin, Vitamin D 25-OH); Body Composition: (fasting glucose, HbA1C; Digestion: Urate(uric acid), Creatinine, eGFR; Liver & Oxidative Stress: ALT; Inflammation & CVS: hs-CRP, ESR, Lipid Panel (cholesterol, HDL-C, TG, calculated LDL-C & Chol/HDL-C ratio); Immunity: CBC; Hormones: Cortisol, DHEA, Estradiol, Progesterone, t Testosterone,

2. Follow up Consult:

- Results are typically available in **~2.5 weeks**.
 - Once ready, [book your follow-up online](#).
 - Your **Naturopathic Doctor (ND)** will review results and provide personalized recommendations for health, nutrition, and lifestyle.
3. **Recommendations:** Your care team will provide personalized recommendations for your health, nutrition, and lifestyle.

Fees and Insurance (Pricing subject to change without prior notice)

- Pricing may vary; please refer to our [online booking site](#) or email info@revivelifelife.ca for current rates.
- Tests are **not covered by OHIP**. Payment is required at the clinic.
- You may submit receipts to your **private or employment health plan** for possible reimbursement.
- Additional fees may apply for **add-on tests** not included in the standard panel.

Timeline

- Lab results take about **2.5 weeks** to process.
- Once results are in, we'll schedule your follow-up consults promptly.

Questions or Support

We're here to guide you through the process. You may email info@revivelife.ca or call us **613-829-7100** if you have any questions or concerns.