

Patient Guide: Pain and Inflammation Testing

For more information, visit <https://revivelifeclinic.com/conditions/pain-and-inflammations/>

Step 1 – Patient Preparation

- **Medications:** Continue to take any required medications.
- **Supplements:** Continue to take any supplements you are currently taking, unless otherwise advised.
- **Complete Fasting:** Only required if indicated on your requisition (e.g., fasting glucose or cholesterol panel).
 - Fast for **8–12 hours** prior to testing.
 - No food, coffee, tea, or water during fasting.

Step 2 – Inflammation Testing

- **Booking:** Visit www.dynacare.ca to pre-book your lab appointment.
 - Book after **7:30 AM** on the day of testing to reduce wait times.
- **Lab Visit:** Proceed to the lab designated on your requisition.

Insurance & OHIP

- This test is **not covered by OHIP**.
- Payment is required at the clinic.
- You may seek reimbursement from your employment or private health plan, if applicable.
- Additional charges may apply for test add-ons not included in the Panel.

Results & Follow-Up

- Results are typically available **7–10 days** after lab testing.
- Please schedule a **follow-up appointment** with your healthcare team to review results and integrate them into your health plan.

Questions or Support

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