

# Blood Test Overview

## OVERVIEW

You've been ordered a test that requires a blood draw!! We're here to help guide you through the process. Like all tests, it's helpful to understand the entire process to successfully complete your test: how to prepare, what to expect, and what happens after. The main difference for blood tests is scheduling and coordinating the blood draw itself; besides that, you'll still get a test kit shipped to you and results will still be coordinated by the lab and your practitioner ! 🏠

### What to Expect Throughout the Process

#### Before the test:

- Receive the test kit in the mail, review its contents, and read through the information provided
- Contact a local phlebotomy provider from your personalized instruction page and schedule an appointment as necessary
- Prepare yourself! 😊
  - Freeze your cold packs and additional samples as necessary
  - Drink lots water
  - Understand how to adjust your supplements or diet for the test

#### During the test:

- Phlebotomist should provide any additional supplies required to complete the draw
- Phlebotomist will process and package the sample for you 📦
- Phlebotomist will ship the completed kit (note, in some situations, you will have to drop the ship off at a carrier!)

#### After the test:

- Be aware of the turnaround times for your lab!
- Results will be directly released to your practitioner once they are ready 📄

# Step 1: The Blood Test

## PLASMA, SERUM, WHOLE BLOOD


Your practitioner has ordered you a test that requires a blood draw! Let's break down what the test actually means 😊!

### What you need to know!

- Orient yourself to different type of blood samples & collection methods
- Don't worry about remembering all the, your phlebotomist will know what to do!

See below for more details about these steps



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For each kit, you will likely have one blood draw or “venipuncture” that may fill one or multiple vials as part of a blood panel or lab test . We'll share everything you should know to complete your draw with ease.

### The primary types of blood samples:

- [Plasma](#)
- [Serum](#)
- [Whole Blood](#)
- [\\*Dried Blood Spot](#)

*\*This is a self collection blood sample -- it doesn't require a phlebotomist to draw your blood! Instead, you'll prick your finger and deposit drops of blood on a special card.*


Don't be scared! Your phlebotomist will be familiar with what these different sample types mean and will know what to do! Blood draws are a routine medical procedure and they really shouldn't hurt  

- Fun Fact! Your body has 1.2 - 1.5 gallons of blood and each tube holds only about 4-10 mL, which can fill **over 1,100 tubes**



## Step 2: The Kit

### TEST COLLECTION KIT, INSTRUCTIONS, COLD PACKS

For most labs, you'll receive your test collection kit in the mail! 

#### What you need to know!

- When you receive the kit, open it!
- Verify its contents & read through information
- Place cold packs in the freezer (if applicable)
- Be aware of any restrictions for your tests (fasting, medication or dietary restrictions)

See below for more details about these steps 

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#### When you get your kit, open it!


##### Verify the kit contents, which typically includes:

- **Requisition form:** these are the lab orders and is needed for the phlebotomist to draw your samples. Don't lose this!
  - Don't see a form? It's possible you printed a copy and filled this out yourself 😊
- **Tubes:** these are specific to the samples the test requires and some may have extra reagents in the tubes (this is not condensation!)
- **Shipping materials:** these usually include a biohazard bag for your samples & return shipping label
  - For return shipment tracking, take a picture of the shipping label if you'd like to track status of the kit; most labs can't provide this information once the kit is shipped
- **Draw instructions:** these are primarily for the phlebotomist to confirm the test specific instructions, but it's good practice for patients to read this as well to know what to expect

##### Take action on kit contents:

- Draw instructions included in the kit will guide you through any prep activities
- Typically, there will be freezer packs required to be frozen before your blood draw appointment ❄️
- Make sure you know from your practitioner if you should fast, restrict your diet, or stop any medications

##### Other materials and equipment for draw:

- The kit will provide you with everything that **you** need!
- The **phlebotomist** will have standard phlebotomy materials and equipment for the actual draw, such a needle and gauze 

# Step 3: The Phlebotomy Options

## BLOOD DRAW, MOBILE, CLINIC

Let's schedule a phlebotomy appointment to complete your test!



### What you need to do!

- Decide what phlebotomy service provider to use to complete your draw
- Contact the provider and verify all the information for your draw
- Schedule an appointment

See below for more details about these steps 


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There are two main types of phlebotomy services: clinic and mobile:

	<i>Types of Phlebotomy Services</i>	
	<b>Clinic</b> 	<b>Mobile</b> 
<b>Appointment</b>	Recommended	Required
<b>Cost</b>	\$30-50	\$80-150+
<b>Kit</b>	Bring with you	At home
<b>Complete Kit Drop Off</b>	Varies	Yes

*Note: always call your location first to confirm all details; these are typical for these types of services, but may vary between companies.*

When reaching out to schedule your appointment, **we recommend confirming:**

- They can draw for your specific kit
- The cost of the draw 
- The phlebotomist can coordinate shipping the completed kit back to the lab

# Step 4: The Sample Collection

## HYDRATION, OTHER MEDICATIONS

Properly preparing for your test will help ensure that you will not have any issues down the line.

### What you need to do!

- Prepare yourself and your kit for your draw appointment
- Complete your draw
- Make sure your kit gets shipped back to the lab 🚚

See below for more details about these steps 

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### Before the blood draw:

- Prepare yourself!
  - Gather all your kit materials
  - Freeze any cold packs & collect additional samples as needed
  - Drink lots of water 💧
  - Adjust your diet and medications as instructed by your practitioner
- [mobile] Find a sanitary location in your space to complete your draw
- [clinic] Consider how long it may take to get to your appointment & budget the appropriate amount of time for traveling

### During the blood draw:

- The phlebotomist should have all the additional supplies and equipment to draw your blood and process your sample 🩸
- The phlebotomist will guide you through the blood draw process
- Once your sample is collected, the phlebotomist will process it according to the instructions of your kit

### After the blood draw:

- The actual blood draw should take under 10 minutes, although processing the sample may take longer depending on what's required for your sample.
  - Please note that mobile & clinic services offer slightly different experiences, plan accordingly!
- [mobile] Phlebotomist should take any biohazardous waste with them 🗑️
- If you want to track your kit as it makes its way back to the lab, record your return shipping label information
  - Taking a picture of it will do! 📷
  - Most labs do not offer return shipment tracking, so this is the only way you can track your kit
- Most phlebotomists will package and ship the kit for you, however the service may not be able to ship the kit on your behalf
  - If the phlebotomy service cannot ship your kit, it will be your responsibility to drop it off or schedule a pick up
  - Contact the phlebotomy service for more information regarding shipping

# ✓ Step 5: You're done! Now what?

## RETURN SHIPPING, TURN AROUND TIMES, RESULTS

Once you've completed your sample collection and shipped your kit off, your work is done! 🎉

### What you need to know!


- Kits typically make it back to the lab within 2 days
- Turnaround times for sample processing varies per lab
- Results will be released to your practitioner once they are ready

See below for more details about these steps 



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### What to know once your sample leaves your possession:

#### Return shipping:

- Samples typically make it back to the lab within 2 days 
- To track your sample, use the information that you recorded from the return shipping label
  - Be sure to record this information before shipping your kit, as labs typically can't provide this information

#### Sample received at the lab:

- The lab will begin to process your samples once they arrive
- If there are any issues with the sample or requisition form, the lab will contact Functional Gut Store and we will follow up with you directly!
- The turnaround time for labs varies by lab  

#### Once your results are ready:

- When your results are ready, they will be released to your practitioner in the Functional Gut Store portal
- For legal reasons, Functional Gut Store is unable to release results directly to patients