

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

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 

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 as 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 

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

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

00 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 

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 ✓

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