

Testing Recommendations

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Important Information for ALL tests - Please Read

Please read these instructions very carefully before performing the tests

Your Functional Medicine Practitioner has listed testing recommendations at the bottom of your Treatment Plan to try to discover the root cause of your health problems. It is important you read our instructions below and then find the information for the test/s you've been recommended to carry out further in this document. We are always happy to help if you need any assistance.

We regularly use 5 different Labs, these are VHL, Inuvi, Thriva, Genova and Regenerus, and a few others. They each have different requirements to their testing, so please read their instructions inside your packs before seeing the nurse. Do ensure you send your samples to the correct Lab during the week and avoid Friday's and weekends/Bank Holidays.

For further information about the tests below, more information is available on our website here: <https://www.drSarahDavies.co.uk/tests>

Key Points to Remember

- We are always happy to help you with testing. If you need support or have any questions, please do not hesitate to contact us. We like to keep in touch during this time, so please feel free to email and keep us up-to-date with your progress.
- It is best to take samples early on in the week i.e. Monday – Wednesday.
- If we have advised the Metabolomix+ (urine sample), please do this test first, as it takes at least 6-8 weeks for results to come back.
- All tests are paid directly to the lab unless we notify you otherwise.
- For the purposes of the results we are looking for, there is no need to fast or avoid seafood unless you are notified otherwise.
- If the courier fails to collect samples, please refrigerate (3 days maximum) and samples can be collected the day after (Tues, Wed or Thurs), or taken to the Post Office for Special Next Day Delivery before 1 pm.
- Samples can be stored for 3 days in the fridge, if it is necessary.
- You are responsible for packing and sending samples.
- Ensure **urine** is **well-frozen (at least for 2 hours)**, all bottles and forms are labelled and completed with your name, date-of-birth and Dr Sarah Davies' name is clear on the Requestion forms.
- Thriva also provide finger-prick test kits so this may be an option if necessary.
- Please feel free to ask a friend/relative to take blood if they are a qualified phlebotomist/health care professional.

Testing Clinic Procedures

- Test kits will be ordered shortly after your consultation and you will receive a Testing Recommendation/Information letter from the clinic.
- If your testing is arranged with VHL Labs, they will call you to arrange a phlebotomy appointment. (From £45).
- Thriva and Regenerus will send you an email to confirm and pay for the test before sending the kit to you.
- If you haven't received an email from Thriva or Regenerus, or a test kit hasn't arrived within 10 days, do contact the clinic.
- If you are a New Patient to the clinic, please do not use Superdrug to take your bloods as we cannot guarantee they will take bloods for the Genova Elemental Analysis kit.
- If you need a nurse/phlebotomist to take your blood, please contact the clinic when your kits arrive and ask for a phlebotomy request enquiries@functional-nexus.co.uk
- Thriva may give you details for phlebotomy, but please check with the clinic before organising this yourself.
- We will put in a request for a nurse to visit you at home/work.
- The phlebotomy company will contact you to arrange an appointment on a day and time convenient for you.
- We routinely use Inuvi Phlebotomy to take your bloods (for ages 18+), but there are alternative options if required and for under 18's.
- Your results will be forwarded to you via email once we have received the results. Results usually take 4-6 weeks to come back. These results will be discussed in your next review appointment. If you haven't made an appointment please call Sam Vickers on 07496 080 755 or email enquiries@functional-nexus.co.uk. Your Practitioner will contact you about any abnormal results only if it is clinically necessary.
- If using Inuvi Phlebotomy, the fee will be added to your invoice from the clinic. Alternative phlebotomy services will invoice you directly.
- VHL tests are invoiced from the clinic.

Phlebotomy Information & Charges

VHL: You may receive a call or an email from VHL labs.

They will arrange your phlebotomy appointment with you directly if required. (From £45)

Please ensure you take all your testing kits to the appointment including the Genova Elemental Analysis if this has been requested.

Inuvi Phlebotomy:

- Cost: £75 per person. (A discount can be requested for multiple members of the same household).

Under 18's Phlebotomy: From £120 per visit depending on your postcode.

A quote will be provided before referral.

- Multiple samples can be taken at one appointment.
- If you need to cancel or change your appointment date/time, contact the Phlebotomy Company at least 48 hours' notice.
- To contact Inuvi direct please call: 0118 403 2414

Please be aware of potential additional admin charges:

- £35 to change or cancel an appointment. (£60 within 48 hours of your appointment).
- £60 for a missed appointment **or if they are unable to perform the test.**

Blood Sample instructions & shipping

- It is very important that you and the nurse follow our instructions closely. The nurses do not work for us directly and they may not always be familiar with our testing.
- You are responsible for sending your samples unless they are going to Inuvi or VHL labs.
- If your sample is going to Inuvi Labs, the nurse will carry the bottles and send the samples for you.
- Please ensure you have enclosed the correct samples and completed the requisition forms/labels on bottles.
- You are also responsible for postage to our other Labs using the advised next day delivery Royal Mail option or courier -please see their individual instructions enclosed in your packs.

Please look at the recommended tests at the bottom of your Treatment Plan and then find more information about how to perform this test below

Testing Instructions

1. New Patient Screen

a. New Patient Screen for Adults

Our comprehensive standard panels include: Full blood count, Kidney Function and Liver function, Lipid profile, HbA1c (sensitive diabetes screen), High Sensitivity CRP (sensitive inflammation screen), Active B12 and Total B12, Folate, Advanced iron profile, Vitamin D, Coeliac Disease screen and Advanced Thyroid profile with Reverse T3.

Your doctor will refer you for a new patient screen to usually to VHL Labs. However, we may use an alternative lab such as Thriva if necessary.

Please read the relevant instructions below:

Lab: VHL

VHL Labs will send your New Patient Screen kit and will call you to arrange an appointment for phlebotomy if required. (From £45). You will receive an invoice from the clinic for the tests.

Lab: Thriva

Please check your emails for the test order form from Thriva. Once paid for they will send the kit directly to you. If you don't receive an email then please check your junk mail, or let the clinic know.

Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions

- Contact the clinic to request a phlebotomist once your pack has arrived.
- A nurse (phlebotomist) will be sent to you to take this sample once you have contacted the clinic.
- You will be responsible for sending your sample to Thriva. Please read the instructions inside the pack.

b. New Patient Screen for under 18s

TDL - DAV1 is the NPS for under 18s and includes the following markers: GSA (Gluten sensitivity Evaluation), ISP (Iron Profile), HCRP (high sensitivity CRP), FBC, U/E, LFT, VITD (Vitamin D, B12F (Active B12 and RBC folate), TF2 (Thyroid panel 2), GHB (HbA1c).

Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions

- We will send a test kit to you from the clinic.
- Once this arrives, please contact us to arrange phlebotomy. Phlebotomy fees are from £120 per visit depending on postcode. A quote will be provided before referral.
- You will be responsible for sending the samples to the TDL.

It is recommended to apply the Emla cream which will help in numbing the arm for the blood tests.

You can purchase this in the following link: <https://www.chemist-4-u.com/emla-cream-5-with-dressing-5g>

Instructions on how to apply are here: <https://www.emla.co.uk/emla-for-kids/#how-to-apply>

2. Elemental Analysis

Lab: Genova Diagnostics

This test evaluates recent toxic element exposure and assesses nutrient mineral status including selenium, zinc, copper, magnesium, calcium and manganese.

Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions:

- The kit will be sent to you by post – **please wait until it arrives before booking phlebotomy**. Please contact the clinic at enquiries@functional-nexus.co.uk if you haven't received the kit within 10 days.
- **The Nurse will need to use this kit to take your blood for this test.**
- **Shipping:** This sample either needs to be posted by overnight delivery (Royal Mail), or courier ([see in the kit](#)), and should be sent off to arrive by Friday at the latest. We advise booking phlebotomy for Monday-Wednesday to prevent samples from spoiling.
- **In the event that bloods are taken Friday-Sunday** (or too late on Thursday for the post), or if a post office can't be reached on the same day, **please refrigerate the sample** and write on the submission form the date it was taken, the period of time it was refrigerated and when it was posted. In this way, samples will survive 3 days.
- **Payment:** This is direct to Genova and we recommend that you fill in everything on the enclosed requisition form but perhaps write your phone number and ask Genova to contact you to take payment on the phone if you don't feel comfortable about writing in your credit card details. Don't worry – they often take payment when the results are back rather than on arrival so this may be a few weeks.



3. Metabolomix + Test

Lab: Genova Diagnostics

This is a urine test that includes organic and amino acids biomarkers for protein digestion and absorption, yeast and bacterial dysbiosis, intracellular B vitamins and inflammatory markers. This is a test which can be done at home.

Please **DO NOT** add the extra blood and saliva tests (unless this has been discussed with or advised by your Functional Medicine doctor).

Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions:

- This test can be done at home and a kit will be sent out to you in the post. Please contact the clinic at enquiries@functional-nexus.co.uk if the kit does not arrive within 10 days.
- Please stop all non-essential medications and nutritional supplements at least 4 days before taking this test (unless advised otherwise by your Functional Medicine doctor).
- Diet should be normal for the days prior to the test (but the elimination protocol is fine if you wish to start straight away).
- Do not collect a urine sample if menstruating (for women), or if you have blood in your urine or a urine infection.
- Put your freezer block in the freezer the night before posting the sample to ensure it's cold enough in the pack. The Urine will need to be frozen for at least 2 hours before it can be packed and posted.
- Ensure you understand how to collect your urine sample and have all the equipment set up the night before. (*You do not need to do the blood spot or saliva test unless your Functional Medicine doctor has instructed you to do so*).
- Aim to **post** or courier the frozen urine on **Monday to Wednesday** to ensure the sample remains cold until it reaches the lab. It can be kept in a freezer over the weekend if needed. Overnight Royal Mail or the DHL courier kit provided with the sample are both acceptable return options (Royal Mail Next day delivery is usually cheaper).
- **Payment:** This is direct to Genova and we recommend that you fill in everything on the enclosed requisition form but perhaps write your phone number and ask Genova to contact you to take payment on the phone/email if you don't feel comfortable about writing in your credit card details on the requisition form.

Useful links

- Genova's collection instructions can be found here: <https://www.gdx.net/core/domestic-kit-instructions/Metbolomix+-urine-buccal-swab-instructions.pdf>
- They also have information on the testing with a patient video in the following link (please click on 'support materials' and scroll down to find the video):
<https://www.gdx.net/product/metabolomix+nutritional-test-urine>



4. Hair Toxic and Essential Elements

Lab: Regenerus

An inexpensive and valuable screen for physiological excess, deficiency or maldistribution of elements. As protein is synthesised in the hair follicle, elements are permanently incorporated into the hair and represent a temporal record of element metabolism and toxic exposure.

Please read the instructions inside the kit carefully before you start the preparation for this test. **Clinic**

Instructions

- Please check your emails from Regenerus Labs to confirm and pay for the order.
- Please use the scale provided in the kit to ascertain the correct amount of hair specimen to send - be aware that if there is insufficient hair amount the test will not be completed.
- Hair that has been permed, dyed, bleached, or otherwise chemically treated is vulnerable to contamination and is not recommended for analysis.

5. GI Effects

Lab: Genova Diagnostics

This is a comprehensive stool analysis. This test offers valuable insight into digestive function, intestinal inflammation, and the intestinal microbiome.

Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions:

- This test can be done at home and a kit will be sent out to you in the post. Please let us know if it does not arrive within 10 days.
- Please Stop all probiotics at least 2 weeks before the test and ensure no antibiotic therapies (including herbal), have been taken within 4 weeks.
- **Shipping:** This sample either needs to be posted by overnight delivery (Royal Mail), or courier (see in the kit), and should be sent off to arrive by Friday at the latest. We advise starting a 3-day collection over a weekend for shipping Monday-Wednesday to prevent samples from spoiling.
- **Payment:** This is direct to Genova and we recommend that you fill in everything on the enclosed requisition form but perhaps write your phone number and ask Genova to contact you to take payment on the phone/email if you don't feel comfortable about writing in your credit card details.

Useful links

- Genova's collection instructions can be found here: <https://www.gdx.net/uk/core-uk/kit-instructions-uk/comp-para-gi-gut-pathogen-collection-instruction-UK.pdf>

6. Lactulose Hydrogen and Methane Breath test / SIBO analysis 3-hour

Lab: Genova Diagnostics

This is a breath test which captures exhaled hydrogen (H₂) and methane (CH₄) gases following patient ingestion of a lactulose solution to evaluate bacterial overgrowth of the small intestine. Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions:

- This test can be done at home and a kit will be sent out to you in the post. Let us know if it doesn't arrive within 10 days.
- Please do not perform this test within 4 weeks of antibiotics or 2 weeks of herbal anti-bacterials and follow the instructions regarding fasting and dietary adaptations for the 24 hours before the test.
- In order to do this test you will need to purchase the smallest bottle of lactulose available at the chemist to go with this test (only 10grams/15ml is needed). Alternatively, you can purchase 10g sachets online: https://livewellnationwide.co.uk/lactulose-10g5ml-oral-solution-sachets-10s/?gclid=CjwKCAiAnIT9BRAmEiwANaoE1aT5WfwbfKxgAb1xQhhgXZ0jZlpFxHD3gT-onkmPvNmRbB-VhW0lcxoC5ggQAvD_BwE although most pharmacies will have 300ml bottles to purchase over the counter.
- The collection of this test is extremely time-sensitive. You need to carefully plan the morning around these timed collections. An uninterrupted 2 or 3 hours is ideal.
- The 3-hour version of the test is the preferred option but speak with your doctor or nutritional therapist if you believe that you are unable to do the 3-hour version.
- **Payment:** This is direct to Genova and we recommend that you fill in everything on the enclosed requisition form but perhaps write your phone number and ask Genova to contact you to take payment on the phone if you don't feel comfortable about writing in your credit card details.

Useful links

- Genova's collection instructions can be found here: <https://www.gdx.net/core/domestic-kit-instructions/SIBO-sci.pdf>
- Genova also has information on the testing with a patient video in the following link (please click on 'support materials' and scroll down to find the video): <https://www.gdx.net/products/sibo>

7. IgG and IgE Immunity Panels

Lab: Genova Diagnostics

The IgG and IgE Antibody Panels are blood tests that measure antibodies to commonly consumed foods and environmental allergens. Removal of the reactive foods and allergens often results in resolution of symptoms. Your doctor will refer you to take specific IgE and/or IgG panels according to your signs and symptoms. This will be detailed in your Treatment plan.

Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions

- The kit will be sent to you by post – **please wait until it arrives before booking phlebotomy**. Please contact the clinic at enquiries@functional-nexus.co.uk if you haven't received the kit within 10 days.
- **The Nurse will need to use this kit to take your blood for this test.**
- **Shipping:** This sample either needs to be posted by overnight delivery (Royal Mail), or courier ([see in the kit](#)), and should be sent off to arrive by Friday at the latest. We advise booking phlebotomy for Monday-Wednesday to prevent samples from spoiling.
- **In the event that bloods are taken Friday-Sunday** (or too late on Thursday for the post), or if a post office can't be reached on the same day, **please refrigerate the sample** and write on the submission form the date it was taken, the period of time it was refrigerated and when it was posted. In this way, samples will survive 3 days.
- If testing for food antibodies, it is suggested that the patient eat a variety of foods for 2-3 weeks prior to testing (except for foods that are known to cause severe reactions). Doing so will help to ensure the presence of antibodies to problematic foods. Antibodies to a particular food may be ABSENT if the food was not consumed recently
- **Payment:** This is direct to Genova and we recommend that you fill in everything on the enclosed requisition form but perhaps write your phone number and ask Genova to contact you to take payment on the phone/email if you don't feel comfortable about writing in your credit card details on the requisition form.

8. Adrenal Stress Profile

Lab: Genova Diagnostics

This test is an assessment of the Hypothalamic-Pituitary-Adrenal (HPA) axis using carefully timed salivary samples of the hormones cortisol and DHEA.

Salivary testing is an easy, non-invasive option to measure unbound, biologically active parent hormone levels. The report offers an easy-to-interpret graphic which plots the results of cortisol's natural diurnal rhythm.

Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions

- This is an extremely time sensitive test. It is important that you collect saliva during the specified time frame
- Please note that samples must be frozen a minimum of 2 hours prior to shipping. Keep samples frozen until ready to ship
- **Shipping:** This sample either needs to be posted by overnight delivery (Royal Mail), or courier (see in the kit), and should be sent off to arrive by Friday at the latest. We advise starting a 3-day collection over a weekend for shipping Monday-Wednesday to prevent samples from spoiling.
- **Payment:** This is direct to Genova and we recommend that you fill in everything on the enclosed requisition form but perhaps write your phone number and ask Genova to contact you to take payment on the phone/email if you don't feel comfortable about writing in your credit card details.

Useful links

- You can find more information about this test in here:
<https://www.gdx.net/uk/product/adrenal-stress-profile>
- Please find the collection instruction here: <https://www.gdx.net/uk/core-uk/kit-instructions-uk/ASP-with-CAR-Instructions-UK.pdf>

9. Homocysteine

Lab: Genova Diagnostics

This test is used to assess 'methylation' capacity – may be used to monitor therapy in those with previous high levels. High homocysteine levels can contribute to increased risk of cardiovascular disease, stroke and dementia.

Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions

- **This is a fasting sample.**
- The kit will be sent to you by post – **please wait until it arrives before booking phlebotomy**. Please contact the clinic at enquiries@functional-nexus.co.uk if you haven't received the kit within 10 days.
- **The Nurse will need to use this kit to take your blood for this test.**
- Arrange to have the blood drawn on **Monday – Thursday**, for returning to the laboratory using next day delivery, to arrive by Friday. Please note: samples must be **received** within 24 hours of collection
- **Payment:** This is direct to Genova and we recommend that you fill in everything on the enclosed requisition form but perhaps write your phone number and ask Genova to contact you to take payment on the phone/email if you don't feel comfortable about writing in your credit card details on the requisition form.

Useful links

- You can find more information about the collection/ preparation of this test here:
<https://www.gdx.net/uk/core-uk/kit-instructions-uk/Homocysteine-Instructions-MET09.pdf>

10. Urine Iodine

Lab: Genova Diagnostics

This is an essential trace element, vital for healthy thyroid function. Adequate levels are required to enable the production of T3 and T4 thyroid hormones, whilst also being required in other areas of health. Deficiencies can lead to impaired heat and energy production, mental function and slow metabolism. Urine iodine is one of the best measures of iodine status. This test is not performed as a loading test, but can be used to establish existing levels or to monitor iodine supplementation.

Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions

- Arrange to have the blood drawn on Monday – Thursday, for returning to the laboratory using next day delivery, to arrive by Friday. Please note: samples must be **received** within 24 hours of collection
- **Payment:** This is direct to Genova and we recommend that you fill in everything on the enclosed requisition form but perhaps write your phone number and ask Genova to contact you to take payment on the phone/email if you don't feel comfortable about writing in your credit card details on the requisition form.

Useful links

You can find more information about the collection/ preparation of this test here:
<https://www.gdx.net/uk/core-uk/kit-instructions-uk/Urine-T3-Iodine-FMV-END05.25.pdf>

11. Thyroid Plus

Lab: Genova Diagnostics

Thyroid Plus is a hormone test that provides a thorough analysis of thyroid hormone metabolism. It includes central thyroid gland regulation and activity, thyroid production and secretion, peripheral thyroid conversion, and thyroid autoimmunity. This hormone test allows the practitioner to pinpoint common imbalances that underlie a broad spectrum of chronic illness. This test analyzes serum levels of TSH, free T4, free T3, reverse T3, anti-TG antibodies, and anti-TPO antibodies to assess central and peripheral thyroid function, as well as thyroid auto-immunity.

Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions

- The kit will be sent to you by post – **please wait until it arrives before booking phlebotomy**. Please contact the clinic at enquiries@functional-nexus.co.uk if you haven't received the kit within 10 days.
- **The Nurse will need to use this kit to take your blood for this test.**

- Only have this test taken Monday to Wednesday – it has to be shipped on the same day to be viable. You are responsible for shipping this test.
- **Payment:** This is direct to Genova and we recommend that you fill in everything on the enclosed requisition form but perhaps write your phone number and ask Genova to contact you to take payment on the phone/email if you don't feel comfortable about writing in your credit card details on the requisition form.

Useful Links

- You can find more about this test here: <https://www.gdx.net/uk/products/thyroid-plus>

12. Thyroid Function, Iron, B12, folate and Vitamin D - Finger- Prick blood test

Lab: Thriva

Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions

- Please check your email for the test order form from Thriva. Once paid for they will send the kit directly to you.
- If you don't receive an email then please check your junk mail, then let the clinic know.
- This is a finger prick, self-test. If you really struggle to take the sample, we may need to make alternative arrangements for a formal venous blood draw. Thriva do offer refunds less the value of the kit if this occurs (£7).

13. Tailored blood test

Lab: PURA DX

Clinic Instructions

- Inuvi Phlebotomy (a nurse) will be sent to you to take this sample. They carry this kit so there is no need to wait for one to arrive.
- Payment is direct to our clinic and you will be invoiced by us directly.

14. DUTCH Complete

Lab: Regenerus

This is a urine test can help identify the root causes of hormone imbalances in men and women. The profile analyzes 35 different hormones; oestrogen, progesterone, testosterone, DHEA-S and cortisol along with their metabolites and daily free cortisol.

Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions

- Please check your emails from Regenerus. A kit will be sent to your home address upon payment.
- Premenopausal Women Collection - Begin collection between days 19 and 22 of a 28-day cycle. For longer cycles, add the number of days you usually go beyond 28 days. In a similar manner, subtract if your cycles are shorter (example: collect days 17-20 for a 26 day cycle).
- Men & Non-Cycling or Postmenopausal Women - Collect any day.

Useful links

- You can find more information about collection instructions/ preparation and FAQ of this test here: <https://dutchtest.com/wp-content/uploads/2017/12/DUTCH-Complete-Collection-Instructions-Ref02062019.pdf>

15. DUTCH Plus test

Lab: Regenerus

This combined panel, which includes the DUTCH Complete and the DUTCH CAR (Cortisol Awakening Response), can help identify the root causes of hormone imbalances in men and women. The test analyses 35 different hormones; oestrogen, progesterone, testosterone, DHEA-S and cortisol along with their metabolites.

Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions

- Please check your emails from Regenerus. A kit will be sent to your home address upon payment.
- Premenopausal Women Urine Collection - Begin collection between days 19 and 22 of a 28-day cycle. For longer cycles, add the number of days you usually go beyond 28 days. In a similar manner, subtract if your cycles are shorter (example: collect days 17-20 for a 26 day cycle).
- Men & Non-Cycling or Postmenopausal Women Urine Collection - Collect any day.
- The saliva is an extremely time sensitive test. It is important that you collect saliva during the specified time frame

Useful links

- You can find more information about collection instructions/ preparation and FAQ of this test here: <https://dutchtest.com/wp-content/uploads/2020/11/Dutch-Plus-Collection-Instructions-Ref102320.pdf>

16. Cyrex Panel 10-90 Product Code: CYX03

Lab: Regenerus/Cyrex

This panel measures reactivity to 180 food antigens in the cooked, raw, modified or processed form. You can find more information for this test here: <https://www.joincyrex.com/the-cyrex-system/array-10-multiple-food-immune-reactivity-screens>

Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions

- You will get an email from Regenerus asking you to pay for the blood test kit
- The kit will be sent to you by post – **please wait until it arrives before booking phlebotomy**. Please contact the clinic at enquiries@functional-nexus.co.uk if you haven't received the kit within 10 days.
- **The Nurse will need to use this kit to take your blood for this test.**
- To pay for the Cyrex test on the day of your blood test, click on this link: <https://www.cyrexlabs.com/PayformyTest/tabid/126/Default.aspx>
- Only pay once you have the blood drawn, then print the form and send with the blood back to Regenerus by courier. Regenerus will forward your sample to Cyrex in the US.
- The sample must be sent to the lab immediately and reach the lab as soon as it is possible. (Monday-Wednesday blood tests only recommended).

17. Endocrine Clinic pre-BHRT assessment (V only)

Lab: Thriva or VHL

This test includes the following markers: DHEAS, HbA1c, LH/FSH, Oestradiol, Progesterone, Prolactin, SHBG, Testosterone

Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions:

- Please check your email for the test order form Thriva. Once paid for they will send the kit directly to you. If you don't receive an email then please check your junk mail, or let the clinic know.
- Contact the clinic to request a phlebotomist once your pack has arrived.
- A nurse (phlebotomist) will be sent to you to take this sample once you have contacted the clinic.
- You will be responsible for sending your sample to Thriva. Please read their

instructions inside the pack.

- **NB:** Some larger Superdrug Stores may be able to provide phlebotomy for £30 for Thriva kits only – please organise this via Thriva directly.

18. Endocrine Clinic BHRT plus thyroid [THV1187] (V only)

Lab: Thriva or VHL

This test includes the following markers: DHEAS, HbA1c, LH/ FSH, Oestradiol, Progesterone, Prolactin, SHBG, Testosterone, Thyroid advanced profile

Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions:

- Please check your email for the test order form Thriva. Once paid for they will send the kit directly to you. If you don't receive an email then please check your junk mail, or let the clinic know.
- Contact the clinic to request a phlebotomist once your pack has arrived.
- A nurse (phlebotomist) will be sent to you to take this sample once you have contacted the clinic.
- You will be responsible for sending your sample to Thriva. Please read their instructions inside the pack.
- **NB:** Some larger Superdrug Stores may be able to provide phlebotomy for £30 for Thriva kits only – please organise this via Thriva directly.

19. Endocrine Clinic BHRT monitoring [THV628] (V only)

Lab: Thriva or VHL

This test includes the following markers: DHEAS, LH/ FSH, Oestradiol, Progesterone, Prolactin, SHBG, Testosterone

Please read the instructions inside the kit carefully before you start the preparation for this test.

Clinic Instructions:

- Please check your email for the test order form Thriva. Once paid for they will send the kit directly to you. If you don't receive an email then please check your junk mail, or let the clinic know.
- Contact the clinic to request a phlebotomist once your pack has arrived.
- A nurse (phlebotomist) will be sent to you to take this sample once you have contacted the

clinic.

- You will be responsible for sending your sample to Thriva. Please read their instructions inside the pack.
- **NB:** Some larger Superdrug Stores may be able to provide phlebotomy for £30 for Thriva kits only – please organise this via Thriva directly.

20. Genomics Screening (Methylation)

Lab: Life Code GX

For this test you should collect a sample of cheek cells from which DNA is extracted and analysed for methylation and common genetic variants (SNPs) which can impact our natural ability to methylate and thus result in increased susceptibility to chronic health conditions including heart disease, depression, diabetes, chronic fatigue, autoimmune disease, poor foetal development and premature ageing.

You can find instructions on how to prepare and collect for this test here:

<https://www.lifecodegx.com/testkit-instructions>

21. Urine Oxalate analysis

Lab: Medicecks

This is a test to measure oxalate levels in the urine. High oxalate levels may increase the risk of kidney stones forming and can create bladder pain and irritability.

Please order this test yourself online from the website here:

<https://medicecks.com/products/oxalate-urine-test> and read the instr

Clinic Instructions:

- Please note – this is a 24-hour urine test. Do not stop eating oxalates before taking the test.

If there is a test not listed here, please contact the clinic for more information:

Tel: 07496 080755 enquiries@functional-nexus.co.uk