



Lab Work Instructions

Please read this form thoroughly *before* going to a lab for a blood draw or beginning to collect at home.

Quest Diagnostics:

- Please visit their website: www.questdiagnostics.com to look for a location near you and schedule an appointment.
- Please bring a printed copy of your lab order to your blood draw.
- You paid for these labs at your appointment. You **do not** pay Quest for the labs. If these labs were ordered between appointments you have an open invoice with Wellness Minneapolis that must be paid prior to your blood draw.
- This is a fasting draw, please do not eat or consume beverages other than water at least 8 hours prior to the appointment. Making a morning appointment is the best idea.
- This is not a fasting draw

US BioTek/Meridian Valley Labs:

- Quest Diagnostics labs **will not** draw this kit. Please see last page for list of labs that will draw for this kit.
- If you are using US BioTek do not use any immunosuppressant medication at least 2 weeks prior to your draw. Please discuss any medication changes with your prescribing doctor.
- Eat a wide variety of foods the week before your test.
- Bring lab requisition form and all parts of kit (box, FedEx bag, Styrofoam box) to a draw site listed on the last page.
- Please include payment in the kit for \$_____

Spectracell:

- Quest Diagnostics labs **will not** draw this kit. Please see last page for list of labs that will draw for this kit.
- Make a copy of your insurance card front and back to submit with the specimen.
- Check your box for a freezer pack. If you have one please place it in the freezer and bring it frozen to your appointment. Do not freeze the entire kit, only the freezer pack.
- Make sure that the test requisition order is in the package that is being sent to the lab.
- Please bring both a lab requisition form and a boxed kit to the lab. If you are unsure if you have all of the parts please message your provider in Charm.
- Please include the co-pay in the kit for \$_____

Vibrant America:

- Call ahead to get an appointment, so you can guarantee your time slot and let them know that you are getting a Vibrant America panel and a requisition from a doctor when you schedule.
- Your lab facility is:
 - Any Lab Test Now: 4345 Nathan Ln N, Unit G, Plymouth MN 55442
 - (763) 398-5115

- Any Lab Test Now will not charge you a fee for this test.
- Make sure to have your requisition form with you as well as a front and back copy of your insurance card when you go to the blood draw site.
- Results take 10-14 days. Schedule your follow up appointment accordingly.
- You need to be fasting for 8-10 hours. You may drink water
- You do not need to be fasting

Doctors Data

- Stool collection
 - The easiest way to collect is to use saran wrap over the toilet bowl and put the seat of the toilet back down. Use the bathroom, then follow directions included in the kit for collection.
 - This kit was given in office will be shipped to your home
 - Blood draw: see draw sites on reverse to have your blood drawn.
- Please include a payment in the kit for \$_____

DiagnosTechs:

- This is a saliva collection.
- Please follow all instructions located in your kit. The kit comes with a pre-paid label that allows you to ship the kit directly to the lab without additional costs.
- Include a payment of \$_____ on the order form in the kit.

Genova:

Name of test: Organix GI Effects NutraEval CORE Effects Other_____

This kit was given in office will be shipped to your home

Sample type: Urine Saliva Serum

Need to avoid vitamins/supplements/probiotics before sample collection? Yes No

For how long_____

Bring kit to lab (see last page for list of options) for blood draw.

Complete requisition form (personal info, insurance info, payment info)

Payment for test is \$_____ and should be included in kit.

EasyPay Schedule A: Make a copy of your insurance card and put this into kit.

Diagnostic Solutions Laboratory:

Name of test: GI Map

This kit was given in office will be shipped to your home

Sample type: Stool

Need to avoid vitamins/supplements/probiotics before sample collection? Yes No

For how long_____

This is s stool test. Please follow collection directions inside the kit. The kit includes a prepaid shipping label fo you to ship the specimen directly to the lab.

Great Plains Laboratory:

Name of test:

This kit was given in office will be shipped to your home

Sample type: Urine Saliva Serum

Need to avoid vitamins/supplements/probiotics before sample collection? Yes No

For how long_____

Bring kit to lab (see handout for list of options) for blood draw

Complete requisition form (personal info, insurance info, payment info)

Payment for test is \$_____ and should be included in kit.

EasyPay Schedule A: Make a copy of your insurance card and put this into kit.

Aerodiagnostics (breath testing):

- Please see their website for detailed instructions including videos on how to perform this breath collection at home. <https://www.aerodiagnostics.com/patients.html>
- You will receive everything you need to collect in the mail.
- There is a prep diet you will need to follow prior to collection. Make sure to read all instructions several days prior to collection so you are ready

Lab Work FAQs:

Q: How do I get my lab results after they have been ordered?

A: Lab results are sent to your doctor when they are complete. Turn around time ranges from 3-25 days depending on the test. Labs will be available on the Charm patient portal when they are complete. Please schedule a return visit if you would like to go over your lab results with your doctor.

Q: How do I pay for labs?

A: You can pay for screening labs at your appointment. These labs are offered at extremely discounted prices compared to other hospitals/clinics because they are not submitted to health insurance companies. You can use an HSA card to purchase screening labs.

Payment for specialty labs (Doctors Data, DiagnosTechs, USBioTek) must be included with the test kit when it mailed to the lab. You do not pay Wellness Minneapolis for these labs.

Some specialty labs (Genova, Spectracell) are covered by health insurance companies but there is no guarantee of coverage prior to submission. Many specialty labs offer discounted pricing if you do have health insurance. You pay a fee upfront and the lab will bill the remainder to your insurance company. If your insurance company does not cover the cost you may see an EOB (Estimation of Benefits) from your insurance company. This is not a bill. It just means that the insurance company did not cover the remainder of the cost and the lab forgives the rest.

Please discuss any questions with your provider prior to submission of the lab because billing is done by each individual lab and is not associated with our office

Q: A kit was shipped to my house. What do I need to fill out on the order form?

A: Spectracell: An order form will be mailed to you separately from your provider. Please fill out the highlighted areas.

A: Doctors Data and DiagnosTechs do not require a doctors signature if they were shipped directly to you. Please fill out your demographic information, payment information and collection information. Please message your provider if you have more questions about this process.

Q: I am at the lab and forgot my kit/order form. Can you help me right now?

A: Unfortunately it is unlikely your provider will be able to help in last minute situations. Please make sure you have all the parts you need before leaving for the lab.

Blood Draw Sites/Blood Draw Locations for Boxed Kits

*Labs change hours and fees without notice please call the lab for the most up to date information.

Fairview Southdale Hospital--
Outpatient Lab ~ **Edina**
6401 France Ave. South
Edina, MN 55435
*Reservation required****
(952) 924-5140
Check in at the Crosstown Lobby
Fee*
Will draw for pediatrics

Woodwinds Hospital Lab ~
Woodbury
1925 Woodwinds Drive
Woodbury, MN 55125
Reservations required
(651) 232-0136
Enter at the lower level near Emergency and
follow signs for the Lab
Fee *

St. John's Hospital Laboratory- **Maplewood**
1575 Beam Avenue, Maplewood MN 55109
(651) 232-7146
Fee*

St. Joseph's HealthEast Hospital Lab- **St. Paul**
45 West 10th St. St. Paul MN 55102
(651) 232-3500
*Fee

Apple Valley Medical Center Lab ~ **Apple Valley**
14655 Galaxie Avenue
Apple Valley, MN 55124
Appointment required. Call clinic and make a
"Lab only appointment" by calling
952.953.9224

St. Cloud, MN
CentraCare Clinic - River Campus Specimen
Collection Site
1200 Sixth Avenue North
St. Cloud, MN 56303
Contact: Kelly
(320) 240-2211
Directions: Park in lot next to the clinic. Enter
through the main door and check in at Central
registration.
Fee*

Physicians Exam One- **Oakdale**
436 Hayward Avenue North
Oakdale, MN 55128
Call for an appointment (651) 731-2949
Fee: Complimentary for Spectracell Kits*

Any Lab Test Now- **Plymouth**
4345 Nathan Lane North, Suite G
Plymouth, MN 55442
Phone:(763) 398-5115
Fee* *Complimentary for Spectracell Kits*
No draws for kids under 2