

Viva Health Laboratories



LABORATORY SERVICES GUIDE

CLIENT EDITION 2026
(updated 1st April 2026, V2.1)



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 support@vivahealthlaboratories.com

LabDirectSM from Viva Health Laboratories

At Viva Health Laboratories, we are committed to delivering more than just results, we deliver confidence and peace of mind.

We understand the critical role that reliable, timely, and accurate laboratory services play in your operations, whether it's supporting patient care, advancing research, or ensuring regulatory compliance.

Our dedicated team of experts, state-of-the-art technology, and commitment to quality mean that you can trust us to deliver on time, every time.

We pride ourselves on being a dynamic, fast-growing company that always puts the client first. When you choose Viva Health, you're not just selecting a service, you're gaining a partner who is as invested in your success as you are.

Here's what you can expect from us:

Fast, Efficient Service

We work at pace to deliver results with precision, keeping your timelines in mind and ensuring accuracy in every detail.

Purpose-Driven Results

Every test we conduct matters. Our goal is to provide the highest quality results that help you achieve your objectives, no matter how complex the task.

Commitment to Excellence

We continuously improve our skills and processes, ensuring we provide you with the latest innovations and best practices in the industry.

Room for Growth

As we grow, so do the services we offer. You can depend on us to meet your evolving needs with innovation and expertise.

A Passionate, Supportive Team

Our team is not just skilled but passionate about what they do. We're dedicated to supporting your goals with enthusiasm and professionalism.

Visit our online test directory at www.vivahealthlabs.com/testing

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KEY INFORMATION

This section provides an overview of essential services and information to support your clinic's partnership with Viva Health Laboratories. From our dedicated primary contacts to our reliable phlebotomy and courier services, you'll find everything you need to streamline your diagnostic workflows.

Additionally, we've included detailed guidance on submitting and collecting samples, as well as instructions for requesting tests and accessing results.

Whether you're looking to optimise your sample management process or explore efficient ways to view results, this section serves as your comprehensive reference guide.

PRIMARY CONTACTS

Customer Support (General Enquiries)

Email: support@vivahealthlaboratories.com

Telephone: 0330 088 3030

Opening hours:

Monday-Friday 9:00-17:00

Technical Support (Laboratory Team)

Email: lab@vivahealthlaboratories.com

Opening hours:

Monday-Friday 08:00-23:00

Saturday 12:30-21:00

Scheduling Team (Courier Collections)

Email: scheduling@vivahealthlaboratories.com

Telephone: 0330 088 3030 (Option 1)

Opening hours: 9:00-17:00 (Monday-Friday)

Account Managers

Email:

accountmanagers@vivahealthlaboratories.com

Telephone: 0330 088 3030

Opening hours:

9:00-17:00 (Monday-Friday)

Sales Team

Email: sales@vivahealthlaboratories.com

Telephone: 0330 088 3030

9:00-17:00 (Monday-Friday)

Quality Team

Email: quality@vivahealthlaboratories.com

9:00-17:00 (Monday-Friday)

Pathology Operations Manager

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Head of Client Services

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VHL PHLEBOTOMY SERVICE

Our Nationwide Phlebotomy Services, available at over 185 clinics and approved pharmacies across the UK.

Our professional team of phlebotomists ensures your blood samples are collected, packed, and labelled correctly for seamless processing and delivery to our laboratory.

Please note that patients must be referred by their clinic or doctor to access our phlebotomy services.

Postal Services:

For tests suitable for postal return, we provide a complimentary Tracked 24h Royal Mail service with every test kit, ensuring your samples reach our lab promptly and safely.

Mobile Phlebotomy Services:

Prefer the convenience of testing from home?

Our mobile phlebotomy service offers professional blood draws in the comfort of your home.

- In-clinic appointments start at £50.00.
- Mobile appointments start at £95.00 in London, with pricing for other areas available upon request.

Cancellation policy for phlebotomy appointments:

If you need to cancel or reschedule a phlebotomy appointment, a notice period of at least 24 hours is required. Appointments cancelled or rescheduled with less than 24 hours' notice will be subject to a full charge, with no refund. This policy ensures that we can efficiently manage the schedule of our partner clinics and provide timely service to all clients.

Home Appointment Process:

1. Your patient selects a home visit as their preferred option.
2. Your patient provides three preferred dates for the appointment.
3. Our local phlebotomist confirms the appointment, aiming for the first preferred date.
4. Your patient receives confirmation via email and SMS.

For tests that are unsuitable for postal return, we also provide a **same-day courier collection service** directly from your patient's home. The cost for this service is **calculated at 0.45p per mile** for a return journey from our laboratory in Windsor.

To book a phlebotomy appointment or for further details, contact our Support Team on 0330 088 3030.

Scan the QR code to access our interactive map and locate the nearest phlebotomy clinic or approved pharmacy.



With over 185 locations nationwide, finding a convenient service point has never been easier!

VHL COURIER SERVICE

Viva Health Laboratories offers a reliable courier service for sample collection directly from your clinic.

Whether you need a one-off collection or regular pickups, we provide a flexible service to accommodate your clinic's needs.

Our efficient system ensures that samples are safely and promptly transported to our laboratory for processing, so you can focus on patient care.

Collections can be pre-booked for regular requirements or arranged as needed for urgent requests, tailored to suit your practice's schedule.

Clinic Collections:

1. **£20.00** for bookings made with at least 24 hours' notice.
2. **£40.00** for same-day requests.

Please note: These rates are flexible and may be adjusted based on volumes or your location.

Collection Coverage Within the M25

For clinics and practices within the M25, we may be able to offer sample collection free of charge, subject to your location and the availability of nearby drop-off points. Please contact us to confirm whether this applies to your postcode.

Operating Hours and Coverage

We offer sample collection services seven days a week, typically between **9:00am and 8:00pm**.

We understand that flexibility is important, and we are happy to accommodate collections outside these hours if pre-scheduled. Please contact our scheduling team in advance to discuss your specific requirements at scheduling@vivahealthlaboratories.com.

SAMPLE SUBMISSION AND COLLECTION GUIDANCE

At Viva Health Laboratories, accurate results and patient safety are our priorities. To ensure timely diagnostics, samples must be collected, labelled, and submitted in line with UKAS ISO 15189:2022 guidelines.

This section provides essential guidelines for submitting test requests and collecting specimens, helping you maintain the highest clinical standards.

Submission of Test Request Forms

To ensure prompt and accurate processing, a **separate Test Request Form** must be submitted for each patient, with **all specimens** clearly matched to the corresponding documentation.

Ensure all forms and sample tubes include **all three** mandatory patient identifiers:

- **Forename**
- **Surname**
- **Date of Birth**

Include additional essential information:

- Date and time of sample collection.
- Type of sample and anatomical site (e.g., swabs).
- **Relevant clinical details** and patient medication.
- Clearly identify high-risk samples on the form and package them separately.

Failing to provide this essential information can lead to **delays, sample rejections, and the need for clarification**, which may increase the time you and your team spend responding to queries.

Ensuring accurate and complete documentation helps maintain efficiency and ensures timely and reliable test results.

Specimen Collection and Labelling

Proper collection and labelling ensure sample integrity and prevent processing delays:

- Label all samples clearly with three patient identifiers before submission.
- Unlabelled or incorrectly labelled samples will be rejected.
- Use the correct sample container and ensure lids are sealed to prevent leakage.

Safe Blood Sample Collection:

- Wash hands thoroughly with soap and water before starting.
- Wear appropriate PPE, including gloves, during sample collection.
- Clean the venepuncture site with an alcohol swab, using outward circular motions, and allow it to air dry.
- Dispose of needles immediately in a sharps container and never re-sheath (**do not** submit to the laboratory with samples).

In case of a needlestick injury, wash the area with antibacterial soap, encourage bleeding, and report it to your supervisor.

SAMPLE SUBMISSION AND COLLECTION GUIDANCE

Order of Draw & Key Considerations for Sample Integrity

Order of Draw for Blood Collection

To ensure the accuracy of test results and prevent cross-contamination between additives, blood samples must be collected in a specific sequence. Following the correct order of draw minimises the risk of carryover contamination, which can lead to erroneous results.

Order of Draw

Order	Tube Colour	Additive	Purpose / Common Tests
1	Light Blue	Sodium Citrate	Coagulation studies (e.g. PT, APTT)
2	Red	No Additive (Plain)	Serum collection, drug levels, antibodies
3	Yellow / Yellow (SST)	Clot Activator + Gel Separator	Serum chemistry, hormones, immunology
4	Green	Lithium Heparin	Plasma biochemistry, ammonia, toxicology
5	Light Green (PST)	Lithium Heparin + Gel Separator	STAT chemistry, electrolytes, cardiac markers
6	Purple / Lavender	EDTA	Full blood count (FBC), HbA1c, ESR
7	Pink	EDTA	Blood grouping, crossmatching
8	Navy Blue	K2 EDTA	Trace elements (lead, zinc, copper) – anticoagulated sample
9	Grey	Sodium Fluoride + Potassium Oxalate	Glucose

The pre-analytical phase includes all steps prior to laboratory analysis, such as patient preparation, sample collection, labelling, and transport. Errors at this stage can lead to compromised samples, delayed reporting, or the need for recollection. The table below outlines common pre-analytical issues and their potential impacts.

Common Pre-Analytical Errors

Error	Description	Impact
Wrong tube	Using incorrect additive or colour	Unusable or misleading results
Underfilling	Tube not filled to recommended volume	Incorrect blood-to-additive ratio
Clotted EDTA	Insufficient mixing or delayed inversion	Invalid results
Haemolysis	Rough handling or improper collection	Interference with some analytes, possible rejection

SAMPLE SUBMISSION AND COLLECTION GUIDANCE

Key Considerations for Accurate Results

Improper sample collection and handling can compromise sample integrity. Below are some key factors clinicians should consider. Please note, this is not an exhaustive list; other pre-analytical variables may also affect sample quality.

1. Tourniquet Application

Prolonged application (>1 minute) may lead to falsely elevated potassium and lactate levels due to haemoconcentration. Release the tourniquet as soon as blood flow is established.

2. Order of Draw Adherence

Deviating from the correct sequence can cause additive contamination, affecting coagulation, biochemistry, and haematology tests.

Ensure tubes are filled to the correct volume to maintain additive-to-blood ratio integrity.

3. Mixing of Vacutainers

Invert tubes gently but adequately to mix additives without causing haemolysis.

Do not shake vigorously, as this can lead to clot formation or sample degradation.

4. Sample Stability & Transport Conditions

Certain tests require immediate processing or strict environmental control to maintain sample integrity during the pre-analytical phase.

Samples with short stability periods must be prioritised. If a clinician requests a test with known time sensitivity, they should contact our **scheduling team** to arrange **expedited collection** and ensure the sample remains suitable for analysis.

Some analytes are temperature-sensitive and may degrade if exposed to incorrect conditions. Appropriate storage and transport temperatures - **ambient, refrigerated, or frozen** must be followed to preserve sample integrity.

You will find guidance on sample stability and temperature requirements throughout this guide. Please refer to the relevant sections to ensure best practice.

5. Haemolysis & Lipemia Impact

Haemolysis (the breakdown of red blood cells) and **lipemia** (the presence of elevated lipids in the blood) are common pre-analytical factors that can influence the accuracy of laboratory results.

Haemolysis can affect the measurement of several biochemical markers, while lipemia may interfere with certain testing methods, particularly those involving optical analysis.

To help minimise these occurrences, ensure appropriate sample **collection techniques are followed**, and that any relevant **pre-test guidance** (such as fasting instructions) is communicated and observed.

6. Sample Clotting Prevention

EDTA and citrate tubes must be mixed thoroughly immediately after collection to prevent clot formation, which can render samples unusable. If clots form in anticoagulated samples, a repeat blood draw will be required.

7. Medication and Physiological Factors

Certain medications and patient behaviours can influence test results and should be considered prior to collection.

- NSAIDs may mildly elevate faecal calprotectin levels.
- Biotin supplements can interfere with immunoassays, particularly thyroid and hormone tests.
- Recent vaccinations or infections may temporarily alter haematological or immunological parameters.
- Physical activity, stress, and posture can affect analytes. Patients should be rested before collection.

SAMPLE ACCEPTANCE & REJECTION CRITERIA

To support accurate analysis and efficient reporting, all specimens must meet defined acceptance standards. The table below outlines the key criteria required for samples to be processed.

Samples that fall outside of these requirements may not be suitable for analysis. In such cases, they may be rejected, cancelled, or require recollection. A summary of common rejection reasons is provided following the acceptance criteria.

Sample Acceptance Criteria

Category	Requirement
Patient Identification	Sample label must include: <ul style="list-style-type: none"> ▪ Forename ▪ Surname ▪ Date of Birth ▪ Date & time of collection
Matching Documentation	Test Request Form must match the sample exactly and be fully completed
Sample Labelling	Clear, legible labels on every tube/container
Correct Container	Use the appropriate container/tube for the requested test
Sample Volume	Sample must meet the required fill volume for accurate processing
Sample Condition	No haemolysis (unless test-specific), clots (in anticoagulated tubes), or leaks
Packaging	Triple-layer packaging for postal samples VHL-approved containers required
Temperature Compliance	Samples must be transported at the correct temperature (ambient, 2–8°C, or frozen)
Stability Window	Samples must arrive within the allowable stability timeframe
High-Risk Samples	Must be clearly marked and packaged separately

Sample Rejection Criteria

Rejection Reason	Description
Unlabelled/incomplete sample details	Sample does not meet the minimum criteria for patient identifiers as mentioned above
Mismatched	Sample identifiers do not match the request form
Major leakage	Sample has been contaminated from a leaked sample
Incorrect container	Wrong container used (e.g., purple received instead of yellow top)
Improper storage of samples	Samples have been stored incorrectly (e.g., wrong storage temperature)

Needles in container or attached to sample	Sample reception will not accept samples packaged with needles of any kind
Empty container	No sample present in container
Out of date container	Container has passed its expiry date
Prolonged or delay in sending to the laboratory	Samples are outside of advised stability which can result in spurious results
Impaired sample integrity	Excessively clotted / haemolysed / lipemic / icteric samples
Insufficient sample	Not enough volume of sample to perform analysis
Missing or incomplete test request form	Test request form is missing or has incomplete details (e.g., no tests selected)

Note: the above list is not exhaustive, please contact LabDirectSM for further guidance on sample rejection.

SAMPLE LOGISTICS & POST-SUBMISSION PROCESSES

Sample Packing and Transport

Samples must be packed appropriately to maintain their stability and integrity:

- Use laboratory-provided containers, ensuring compatibility with test requirements.
- Adhere to transport regulations for biological substances, including those set by national and international agencies.
- Pack samples using triple-layer packaging for **Category B substances**:
 - Primary receptacle: Sample tube or vial.
 - Secondary packaging: Protective case or biohazard bag with absorbent material.
 - Outer packaging: Rigid container for external protection.

Postal Samples

- Postal sample services offer a fast and efficient way for practices across the UK to send specimens to the laboratory.
- Royal Mail mandates the use of Tracked 24 returns for all pathology samples, ensuring secure handling and next-day delivery.
- Clinicians must verify that samples are suitable for postage.

To ensure timely delivery and prevent delays, please avoid posting samples immediately prior to weekends or Bank Holidays, as postal services may be limited during these periods.

Note: Samples requiring processing within 24 hours (e.g., coagulation screen) are unsuitable for postal submission.

Additional Testing Requests

To request further testing on already-submitted samples:

- Contact the laboratory by phone on 0330 088 3030 or email results@vivahealthlaboratories.com.
- Provide the patient's unique identifiers, and details of the additional tests required.

Please note:

- We retain samples for up to 7 days. Testing may still be possible after this time but will depend on sample volume and stability and must be confirmed by the laboratory team.
- Additional testing may not be possible if the sample has degraded or is insufficient in volume.

Estimated Turnaround Times (TATs)

- Stated TATs begin once the sample and request are **received by the laboratory**.
- TATs for postal samples may be longer due to transit times.
- Referral laboratory TATs are measured from the time the sample is received by the referral laboratory.
- Estimated TATs are in working days, they exclude weekends and bank holidays.

REQUESTING TESTS AND VIEWING RESULTS

Integration with Practice Management Systems

For clinics utilising Practice Management (PM) Systems compatible with HL7 format, we offer seamless integration. This enables the electronic submission of test requests and secure transmission of results, streamlining administrative workflows and reducing manual data entry. This automated process ensures efficient management of patient requests and test results.

Viva Health Laboratory Portal (VHLP)

For clinics without PM Systems, the Viva Health Portal is a versatile, user-friendly solution. The portal allows users to book test requests, view results, and access detailed information about test profiles and sample requirements. It offers a secure and centralised platform for managing all testing and results, providing easy access to essential data without the need for additional software.

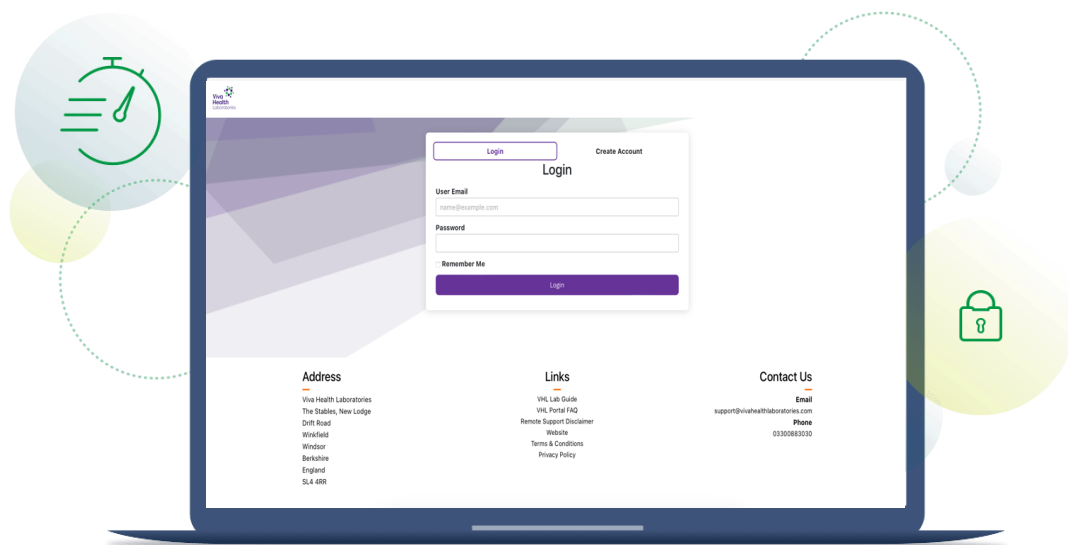
User Training and Support

Training During Onboarding

- Our expert team will guide your staff through the setup and use of the system, ensuring they are confident and fully equipped to manage test requests and access results.
- Training includes step-by-step tutorials, hands-on demonstrations, and access to detailed user guides tailored to your clinic's needs.

Ongoing Support

- Our dedicated support team is available to assist with any questions or issues, whether it's related to system integration, troubleshooting, or exploring additional features.
- We provide continuous updates and improvements to our platforms, ensuring they remain user-friendly, efficient, and aligned with your operational requirements.



VHLP - Accessible anywhere, anytime. Manage all testing in one place.

PRODUCT CATALOGUE

Our **Product Catalogue** is a complete guide to the health screens, test panels, and individual tests offered by Viva Health Laboratories. It's designed to help you choose the right options to support your clinic and your patients.

We offer a wide range of **health screens and panels** that focus on different areas of health – from general wellbeing to more specific concerns. Each has been developed to provide clear, accurate results that support better clinical decisions.

If you need something more tailored, we also offer the option to **create bespoke screens**. Whether you want to adapt an existing panel or design something completely new for your clinic, our team can help build the right solution for you.

If you'd like support or to discuss custom options, contact us: at support@vivahealthlaboratories.com or call 0330 088 3030.

VHL HEALTH SCREENS

Health Screens		
Code	Description	Page
VHL1	Biochemistry Profile I	15
VHL1L	Biochemistry Profile I + Lipids	15
VHL2	Biochemistry Profile I & Haematology Profile	15
VHL2L	Biochemistry Profile I & Haematology Profile + Lipids	15
VHL3	Haematology Profile	15
VHL4	Biochemistry Profile II & Haematology Profile	15
VHL4L	Biochemistry Profile II & Haematology Profile + Lipids	15
VHL5	General Well Person Profile	16
VHL5L	General Well Person Profile + Lipids	16
VHL6	General Well Man Profile	16
VHL6L	General Well Man Profile + Lipids	16
VHL7	General Well Woman Profile	16
VHL7L	General Well Woman Profile + Lipids	16
VHL8	Senior Female Profile	17
VHL8P	Senior Female Profile Plus	17
VHL9	Senior Male Profile	18
VHL9P	Senior Male Profile Plus	18
VHL12	Long Covid Screen	19
VHL14	Anaemia Profile	19
VHL15	Amenorrhoea Profile	19
VHL16	Female Hormone Health Profile	19
VHL17	Male Hormone Health Profile	19
METS	Metabolic Syndrome Panel	20
RP	Rheumatology Profile	20
VHLWLP	VHL Weight Loss Profile Plus	20

Biochemistry Profile I		
VHL1	●	1 Day
<p>Urea and Electrolyte Panel: Sodium, Potassium, Chloride, Urea, Creatine, Bicarbonate, eGFR</p> <p>Liver Panel: Alanine Aminotransferase, Albumin, Alkaline Phosphatase, Aspartate Aminotransferase, Gamma-Glutamyl Transferase, Globulin, Total Bilirubin, Total Protein</p> <p>Heart Panel: Creatine Kinase, Lactate Dehydrogenase</p> <p>Bone Panel: Albumin, Calcium, Corrected, Calcium, Phosphate, Uric Acid</p> <p>Iron, Total Iron Binding Capacity Transferrin, Transferrin Saturation</p>		

Biochemistry Profile I & Haematology		
VHL2	● ●	1 Day
<p>Full Blood Count</p> <p>Urea and Electrolyte Panel: Sodium, Potassium, Chloride, Urea, Creatine, Bicarbonate, eGFR</p> <p>Liver Panel: Alanine Aminotransferase, Albumin, Alkaline Phosphatase, Aspartate Aminotransferase, Gamma-Glutamyl Transferase, Globulin, Total Bilirubin, Total Protein</p> <p>Heart Panel: Creatine Kinase, Lactate Dehydrogenase</p> <p>Bone Panel: Albumin, Calcium, Corrected, Calcium, Phosphate, Uric Acid</p> <p>Erythrocyte Sedimentation Rate, Iron, Total Iron Binding Capacity Transferrin, Transferrin Saturation</p>		

Biochemistry Profile I + Lipids	
VHL1L	
<p>With Lipids: Cholesterol, HDL Cholesterol, LDL Cholesterol, Non-HDL Cholesterol, Total Cholesterol to HDL Ratio, Triglycerides</p>	

Biochemistry Profile I & Haematology + Lipids	
VHL2L	

Postal Version	
VHL1LP	
<p>Excludes: Sodium, Potassium, Bicarbonate, Lactate Dehydrogenase and Uric Acid</p>	

<p>With Lipids: Cholesterol, HDL Cholesterol, LDL Cholesterol, Non-HDL Cholesterol, Total Cholesterol to HDL Ratio, Triglycerides</p>	
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Postal Version	
VHL2LP	
<p>Excludes: Sodium, Potassium, Bicarbonate, Lactate Dehydrogenase and Uric Acid</p>	

Haematology Profile	
VHL3	●
<p>Full Blood Count</p> <p>Erythrocyte Sedimentation Rate</p>	

Biochemistry Profile II & Haematology Profile		
VHL4	● ●	1 Day
<p>Full Blood Count</p> <p>Urea and Electrolyte Panel: Sodium, Potassium, Chloride, Urea, Creatine, Bicarbonate, eGFR</p> <p>Liver Panel: Alanine Aminotransferase, Albumin, Alkaline Phosphatase, Aspartate Aminotransferase, Gamma-Glutamyl Transferase, Globulin, Total Bilirubin, Total Protein</p> <p>Bone Panel: Albumin, Calcium, Corrected, Calcium, Phosphate, Uric Acid</p> <p>Erythrocyte Sedimentation Rate</p>		

Biochemistry Profile II & Haematology Profile + Lipids	
VHL4L	
<p>With Lipids: Cholesterol, HDL Cholesterol, LDL Cholesterol, Non-HDL Cholesterol, Total Cholesterol to HDL Ratio, Triglycerides</p>	

Postal Version	
VHL4LP	
<p>Excludes: Sodium, Potassium, Bicarbonate, Uric Acid, Basophil, Eosinophil, Monocyte, Erythrocyte Sedimentation Rate</p>	

General Well Person Profile		
VHL5		1 Day
<p>Full Blood Count</p> <p>Bone Panel: Albumin, Calcium, Corrected, Calcium, Phosphate, Uric Acid</p> <p>Heart Panel: Creatine Kinase, Lactate Dehydrogenase</p> <p>Liver Panel: Alanine Aminotransferase, Albumin, Alkaline Phosphatase, Aspartate Aminotransferase, Gamma-Glutamyl Transferase, Globulin, Total Bilirubin, Total Protein</p> <p>Urea and Electrolyte Panel: Sodium, Potassium, Chloride, Urea, Creatine, Bicarbonate, eGFR</p> <p>Erythrocyte Sedimentation Rate, Free Thyroxine 4, Thyroid Stimulating Hormone</p>		

General Well Person Profile + Lipids		
VHL5L		
<p>With Lipids: Cholesterol, HDL Cholesterol, LDL Cholesterol, Non-HDL Cholesterol, Total Cholesterol to HDL Ratio, Triglycerides</p>		
Postal Version		
VHL5LP		
<p>Excludes: Sodium, Potassium, Bicarbonate, Uric Acid, Lactate Dehydrogenase, Basophil, Eosinophil, Monocyte, Erythrocyte Sedimentation Rate</p>		

General Well Man Profile		
VHL6		1 Day
<p>Full Blood Count</p> <p>Bone Panel: Albumin, Calcium, Corrected, Calcium, Phosphate, Uric Acid</p> <p>Liver Panel: Alanine Aminotransferase, Albumin, Alkaline Phosphatase, Aspartate Aminotransferase, Gamma-Glutamyl Transferase, Globulin, Total Bilirubin, Total Protein</p> <p>Heart Panel: Creatine Kinase, Lactate Dehydrogenase</p> <p>Urea and Electrolyte Panel: Sodium, Potassium, Chloride, Urea, Creatine, Bicarbonate, eGFR</p> <p>Prostate Panel: Free Prostate Specific Antigen, PSA Ratio, Total Prostate Specific Antigen</p> <p>Erythrocyte Sedimentation Rate, Vitamin D, Free Thyroxine 4, Thyroid Stimulating Hormone</p>		

General Well Man Profile + Lipids		
VHL6L		
<p>With Lipids: Cholesterol, HDL Cholesterol, LDL Cholesterol, Non-HDL Cholesterol, Total Cholesterol to HDL Ratio, Triglycerides</p>		
Postal Version		
VHL6LP		
<p>Excludes: Sodium, Potassium, Bicarbonate, Uric Acid, Lactate Dehydrogenase, Basophil, Eosinophil, Monocyte, Erythrocyte Sedimentation Rate</p>		

General Well Woman Profile		
VHL7		1
<p>Full Blood Count</p> <p>Urea and Electrolyte Panel: Sodium, Potassium, Chloride, Urea, Creatine, Bicarbonate, eGFR</p> <p>Liver Panel: Alanine Aminotransferase, Albumin, Alkaline Phosphatase, Aspartate Aminotransferase, Gamma-Glutamyl Transferase, Globulin, Total Bilirubin, Total Protein</p> <p>Heart Panel: Creatine Kinase, Lactate Dehydrogenase</p> <p>Bone Panel: Albumin, Calcium, Corrected Calcium, Phosphate, Uric Acid</p> <p>Thyroid Panel: Free Thyroxine 4, Free Triiodothyronine 3, Thyroid Stimulating Hormone</p> <p>Erythrocyte Sedimentation Rate, Vitamin D (25-OH), Ferritin</p>		
General Well Woman Profile + Lipids		
VHL7L		
<p>With Lipids: Cholesterol, HDL Cholesterol, LDL Cholesterol, Non-HDL Cholesterol, Total Cholesterol to HDL Ratio, Triglycerides</p>		
Postal Version		
VHL7LP		
<p>Excludes: Sodium, Potassium, Bicarbonate, Uric Acid, Basophil, Eosinophil, Monocyte, Erythrocyte Sedimentation Rate</p>		

Senior Female Profile

VHL8



8

Full Blood Count

Urea and Electrolyte Panel: Sodium, Potassium, Chloride, Urea, Creatine, Bicarbonate, eGFR

Liver Panel: Alanine Aminotransferase, Albumin, Alkaline Phosphatase, Aspartate Aminotransferase, Gamma-Glutamyl Transferase, Globulin, Total Bilirubin, Total Protein

Heart Panel: Creatine Kinase, Lactate Dehydrogenase

Bone Panel: Albumin, Calcium, Corrected Calcium, Phosphate, Uric Acid

Thyroid Panel: Free Thyroxine 4, Free Triiodothyronine 3, Thyroid Stimulating Hormone

Lipid Panel: Cholesterol, High-Density Lipoprotein Cholesterol, Low-Density Lipoprotein Cholesterol, Non-HDL Cholesterol, Total Cholesterol to HDL Ratio, Triglycerides

Erythrocyte Sedimentation Rate, Vitamin D, Ferritin, Glycated Haemoglobin

PLAC Test (Lp-PLA2 Enzyme)

HE4 and ROMA

Postal Version

VHL22P

Excludes: Sodium, Potassium, Bicarbonate, Uric Acid, Lactate Dehydrogenase, Basophil, Eosinophil, Monocyte, Erythrocyte Sedimentation Rate

Senior Female Profile Plus

VHL8P



RU

FIT

8

Full Blood Count

Urea and Electrolyte Panel: Sodium, Potassium, Chloride, Urea, Creatine, Bicarbonate, eGFR

Liver Panel: Alanine Aminotransferase, Albumin, Alkaline Phosphatase, Aspartate Aminotransferase, Gamma-Glutamyl Transferase, Globulin, Total Bilirubin, Total Protein

Heart Panel: Creatine Kinase, Lactate Dehydrogenase

Bone Panel: Albumin, Calcium, Corrected Calcium, Phosphate, Uric Acid

Lipid Panel: Cholesterol, High-Density Lipoprotein Cholesterol, Low-Density Lipoprotein Cholesterol, Non-HDL Cholesterol, Total Cholesterol to HDL Ratio, Triglycerides

Thyroid Panel: Free Thyroxine 4, Free Triiodothyronine 3, Thyroid Stimulating Hormone

Erythrocyte Sedimentation Rate, Vitamin D, Ferritin, Glycated Haemoglobin

PLAC Test (Lp-PLA2 Enzyme)

HE4 and ROMA

Quantitative Faecal Immunochemical Test
Microscopy, Culture and Sensitivity (Urine)

Postal Version



VHL23P






FIT

Excludes: Sodium, Potassium, Bicarbonate, Uric Acid, Lactate Dehydrogenase, Basophil, Eosinophil, Monocyte, Erythrocyte Sedimentation Rate, Microscopy, Culture and Sensitivity



Senior Male Profile			
VHL9	  		1
Full Blood Count			
Urea and Electrolyte Panel: Sodium, Potassium, Chloride, Urea, Creatine, Bicarbonate, eGFR			
Liver Panel: Alanine Aminotransferase, Albumin, Alkaline Phosphatase, Aspartate Aminotransferase, Gamma-Glutamyl Transferase, Globulin, Total Bilirubin, Total Protein			
Heart Panel: Creatine Kinase, Lactate Dehydrogenase			
Bone Panel: Albumin, Calcium, Corrected Calcium, Phosphate, Uric Acid			
Lipid Panel: Cholesterol, High-Density Lipoprotein Cholesterol, Low-Density Lipoprotein Cholesterol, Non-HDL Cholesterol, Total Cholesterol to HDL Ratio, Triglycerides			
Prostate Panel: Free Prostate Specific Antigen, PSA Ratio, Total Prostate Specific Antigen			
Erythrocyte Sedimentation Rate, Vitamin D, Ferritin, Glycated Haemoglobin			

Postal Version	
VHL24P	
Excludes: Sodium, Potassium, Bicarbonate, Uric Acid, Lactate Dehydrogenase, Basophil, Eosinophil, Monocyte, Erythrocyte Sedimentation Rate	

Senior Male Profile Plus				
VHL9P	  	RU	FIT	8
Full Blood Count				
Urea and Electrolyte Panel: Sodium, Potassium, Chloride, Urea, Creatine, Bicarbonate, eGFR				
Liver Panel: Alanine Aminotransferase, Albumin, Alkaline Phosphatase, Aspartate Aminotransferase, Gamma-Glutamyl Transferase, Globulin, Total Bilirubin, Total Protein				
Heart Panel: Creatine Kinase, Lactate Dehydrogenase				
Bone Panel: Albumin, Calcium, Corrected Calcium, Phosphate, Uric Acid				
Lipid Panel: Cholesterol, High-Density Lipoprotein Cholesterol, Low-Density Lipoprotein Cholesterol, Non-HDL Cholesterol, Total Cholesterol to HDL Ratio, Triglycerides				
Prostate Panel: Free Prostate Specific Antigen, PSA Ratio, Total Prostate Specific Antigen				
Erythrocyte Sedimentation Rate, Vitamin D, Ferritin, Glycated Haemoglobin				
Quantitative Faecal Immunochemical Test Microscopy, Culture and Sensitivity (Urine)				

Postal Version		
VHL25P	  	FIT
Excludes: Sodium, Potassium, Bicarbonate, Uric Acid, Lactate Dehydrogenase, Basophil, Eosinophil, Monocyte, Erythrocyte Sedimentation Rate, Microscopy, Culture and Sensitivity		

Long Covid Screen

VHL12



1

Full Blood Count

Urea and Electrolyte Panel: Sodium, Potassium, Chloride, Urea, Creatine, Bicarbonate, eGFR

Liver Panel: Alanine Aminotransferase, Albumin, Alkaline Phosphatase, Aspartate Aminotransferase, Gamma-Glutamyl Transferase, Globulin, Total Bilirubin, Total Protein

Bone Panel: Albumin, Calcium, Corrected, Calcium, Phosphate, Uric Acid

Thyroid Panel: Free Thyroxine 4, Free Triiodothyronine 3, Thyroid Stimulating Hormone

Erythrocyte Sedimentation Rate, C-Reactive Protein, Glycated Haemoglobin, Ferritin, Vitamin D (25-OH)

Postal Version

VHL12P

Excludes: Sodium, Potassium, Bicarbonate, Uric Acid, Basophil, Eosinophil, Monocyte, Erythrocyte Sedimentation Rate

Anaemia Profile

VHL14



1

Full Blood Count

Iron Panel: Ferritin, Iron, Total Iron Binding Capacity, Transferrin, Transferrin Saturation

Erythrocyte Sedimentation Rate, Vitamin B12 (Total), Folate

Amenorrhoea Profile

VHL15



1

Thyroid Panel: Free Thyroxine 4, Free Triiodothyronine 3, Thyroid Stimulating Hormone

Follicle-Stimulating Hormone, Luteinizing Hormone, Prolactin, Cancer Antigen 125, Oestradiol, Progesterone, Testosterone, Sex Hormone Binding Globulin, Free Androgen Index

Female Hormone Health Profile

VHL16



1

Thyroid Panel: Free Thyroxine 4, Free Triiodothyronine 3, Thyroid Stimulating Hormone

Follicle-Stimulating Hormone, Luteinizing Hormone, Sex Hormone Binding Globulin, Oestradiol, Progesterone, Testosterone, Prolactin

Male Hormone Health Profile

VHL17



1

Prostate Panel: Free Prostate Specific Antigen, PSA Ratio, Total Prostate Specific Antigen

Testosterone, Sex Hormone Binding Globulin, Prolactin, Dehydroepiandrosterone Sulphate, Follicle-Stimulating Hormone, Luteinizing Hormone, Free Androgen Index

Metabolic Syndrome Panel

METS



1

Lipid Panel: Cholesterol, High-Density Lipoprotein Cholesterol, Low-Density Lipoprotein Cholesterol, Non-HDL Cholesterol, Triglycerides, Total Cholesterol to HDL Ratio
Glycated Haemoglobin
C-Reactive Protein
Insulin
Glucose

Rheumatology Profile

RP



6

Full Blood Count
Erythrocyte Sedimentation Rate
Rheumatoid Factors
Anti-Cyclic Citrullinated Peptide
C-Reactive Protein
Uric Acid

VHL Weight Loss Profile Plus

VHLWLP



8

Urea and Electrolyte Panel: Sodium, Potassium, Chloride, Urea, Creatine, Bicarbonate, eGFR
Liver Panel: Alanine Aminotransferase, Albumin, Alkaline Phosphatase, Aspartate Aminotransferase, Gamma-Glutamyl Transferase, Globulin, Total Bilirubin, Total Protein
Lipid Panel: Cholesterol, High-Density Lipoprotein Cholesterol, Low-Density Lipoprotein Cholesterol, Non-HDL Cholesterol, Total Cholesterol to HDL Ratio, Triglycerides
Thyroid Panel: Free Thyroxine 4, Free Triiodothyronine 3, Thyroid Stimulating Hormone
Full Blood Count
C-Reactive Protein, Ferritin, Folate, Glycated Haemoglobin

Iron, Copper, Vitamin B12 (Total), Vitamin A (Retinol), Vitamin D (25-OH), Vitamin E (Total), Selenium, Zinc

Postal Version

VHLWLPP

Excludes: Sodium, Potassium, Bicarbonate, Uric Acid, Basophil, Eosinophil, Monocyte, Erythrocyte Sedimentation Rate

VHL PANELS

Bone Panel		
BONE	●	1
Calcium Albumin Corrected Calcium Phosphorus Uric Acid		

Heart Panel		
H RTP	●	1
Lactate Dehydrogenase Creatine Kinase		

Iron Panel		
IRON	●	1
Iron Ferritin Transferrin Total Iron Binding Capacity Transferrin Saturation		

Full Blood Count		
FBC	●	1
White Blood Cell Red Blood Cell Haemoglobin Haematocrit Mean Cell Volume Mean Corpuscular Haemoglobin Mean Corpuscular Haemoglobin Concentration Red Cell Distribution Width Red Cell Distribution Width - Standard Deviation Platelet Mean Platelet Volume Lymphocyte Percentage Lymphocyte Absolute Number Monocyte Percentage Monocyte Absolute Number Neutrophil Percentage Neutrophil Absolute Number Eosinophil Percentage Eosinophil Absolute Number Basophil Percentage Basophil Absolute Number		

Lipid Panel		
LIPP	●	1
Cholesterol High-Density Lipoprotein Cholesterol Low-Density Lipoprotein Cholesterol Non-HDL Cholesterol Triglycerides Total Cholesterol to HDL Ratio		

Liver Panel		
LIVR	●	1
Total Bilirubin Alanine Transaminase Aspartate Aminotransferase Alkaline Phosphatase Total Protein Albumin Gamma-Glutamyl Transferase Globulin		

Pancreas Panel		
PNCP	●	1
Amylase Lipase Insulin		

Prostate Panel		
PSAP	●	1
Free Prostate Specific Antigen Total Prostate Specific Antigen PSA Ratio		

Thyroid Panel		
TFTP	●	1
Free Triiodothyronine 3 (FT3) Free Thyroxine 4 (FT4) Thyroid Stimulating Hormone (TSH)		

Urea and Electrolyte Panel		
UREL	●	1
Sodium Potassium Chloride Urea Creatinine Bicarbonate Estimated Glomerular Filtration Rate		

Thyroid Function 2		
TF2	● ●	1
Free Triiodothyronine 3 (FT3) Free Thyroxine 4 (FT4) Total Thyroxine 4 (TT4) Thyroid Stimulating Hormone (TSH) Thyroglobulin Antibodies (TGAB) Thyroid Peroxidase Antibodies (TPO)		

VHL PANELS

Panel Description	Code	Components	Sample Type	Est. TAT	Post
Cardiolipin Antibodies (IgG and IgM)	ACAB	Cardiolipin Antibodies IgG	Y	4	Yes
		Cardiolipin Antibodies IgM			
Alkaline Phosphatase Isoenzymes	ALPI	ALP total	Y	10	Yes
		ALP liver fraction			
		ALP bone fraction			
Auto Antibody Panel	AUTO	Smooth Muscle Antibodies	Y	4	Yes
		Liver-Kidney Microsomal Antibodies			
		Gastric Parietal Cell Antibodies			
		Mitochondrial Antibodies			
		Thyroid Peroxidase			
		Antinuclear Antibodies			
Vitamin B12 (Active) & Folate (Red Cell)	B12F	Vitamin B12 (Active)	Y, P	2	
		Folate (Red Cell)			
Vitamin B12 (Total) & Folate (Serum)	B12SF	Vitamin B12 (Total)	Y	1	Yes
		Folate (Serum)			
Vitamin B12 (Total) & Folate (Red Cell)	B12TF	Vitamin B12 (Total)	Y, P	2	
		Folate (Red Cell)			
Beta 2 Glycoprotein 1 Antibodies (IgG and IgM)	B2AB	Beta 2 Glycoprotein 1 Antibodies IgG	Y	5	Yes
		Beta 2 Glycoprotein 1 Antibodies IgM			
Borrelia Antibodies (Lyme Disease)	BORR	B. burgdorferi IgG	Y	10	Yes
		B. burgdorferi IgM			
Calprotectin and Elastase Panel	CAEP	Faecal Calprotectin	FBU	10	Yes
		Faecal Elastase			
Candida Antibodies (IgA, IgG and IgM)	CANA	Candida albicans IgA	Y	10	Yes
		Candida albicans IgG			
		Candida albicans IgM			
Cardiac Enzymes	CENZ	Creatine Kinase MB	Y	4	Yes
		Myoglobin (Serum)			
Clotting Screen	COAG	Activated Partial Thromboplastin Clotting Time	LB	4	
		Fibrinogen			
		Prothrombin Time			
		Internalised Normalised Ratio			
<i>Clinical history is required. Must reach the lab in 4 hours.</i>					
Coeliac Profile 1	COP1	Endomysial Antibodies (IgA)	2x Y	6	Yes
		Gliadin IgG			

		IgA (Total)			
		Tissue Transglutaminase IgA			
Coeliac Profile 2	COP2	Endomysial Antibodies (IgA)	2x Y	6	Yes
		IgA (Total)			
		Tissue Transglutaminase IgA			
Drugs of Abuse Without Chain of Custody (Urine)	DOAU	Amphetamine	RU	5	Yes
		Benzodiazepines			
		Cannabis			
		Cocaine			
		Ketamine			
		Methadone			
		Opiates			
Epstein-Barr Virus Antibodies	EBVAB	EBNA Antibody (IgG)	Y	5	Yes
		EBV VCA (IgG)			
		EBV VCA Antibody (IgM)			
Extractable Nuclear Antibodies	ENA	Anti-Sm	2x Y	4	Yes
		Anti-Scl			
		Anti-Jo 1			
		Smith Extractable Nuclear Ab Ql (S)			
		Anti-SSA/Ro 52			
		Anti-SSA/Ro 60			
		Anti-SSB/La			
		Anti-U1RNP			
		Anti-centromere B			
Serum Free Light Chains (Kappa and Lambda)	FLC	Serum Free Light Chains (Kappa)	Y	6	
		Serum Free Light Chains (Lambda)			
<i>Please indicate clinical context.</i>					
Fat Soluble Vitamin Profile	FSVP	Alpha-carotene	Y	19	Yes
		Beta-carotene			
		Alpha-lycopene			
		Beta-lycopene			
		Lutein			
		Zeaxanthin			
		Beta-cryptoxanthin			
		Vitamin A (retinol)			
		Vitamin E (tocopherol)			
		Vitamin D3 (25-hydroxy-vitamin D3, 25-hydroxy-Cholecalciferol)			
		Vitamin K1			
		Vitamin K2			
		CoQ10			
Hepatitis B Panel	HEPBP	Hepatitis B Core Total Antibodies	Y	1	Yes
		Hepatitis B Immunity Surface Antibody			

		Hepatitis B Surface Antigen			
Hepatitis Screen	HEPS	Hepatitis A IgM Antibodies	Y	4	Yes
		Hepatitis B Surface Antigen			
		Hepatitis C Antibodies			
Hepatitis Screen with HIV	HEPSV	Hepatitis A IgM Antibodies	Y	4	Yes
		Hepatitis B Surface Antigen			
		Hepatitis C Antibodies			
		HIV 1 & 2			
HPV mRNA (High Risk Subtypes)	HPVM	HR-HPV RNA Result	TPV	6	Yes
		Assay Information			
		Guideline Recommendation			
IgG Subclasses	IGS	IgG1 Subclasses	2x Y	5	Yes
		IgG2 Subclasses			
		IgG3 Subclasses			
		IgG4 Subclasses			
Immunoglobulins (IgA, IgG and IgM)	IMM	Immunoglobulin A	2x Y	7	Yes
		Immunoglobulin G			
		Immunoglobulin M			
Insulin Resistance Panel	INRP	Insulin	Y, G	1	
		Glucose			
		Homeostasis Model Assessment			
Listeria Antibodies (IgG and IgM)	LIAB	Listeria Antibodies IgG	Y	9	Yes
		Listeria Antibodies IgM			
Measles, Mumps and Rubella	MMR	Mumps IgG	Y	6	Yes
		Measles IgG			
		Rubella IgG			
Microscopy Culture and Sensitivity (Urine)	MSU	Casts Cells	RU	5	
		Glucose - Urine			
		Ketone			
		pH			
		Protein			
		Red Blood Cells			
		Urine RBC			
		Urine WBC			
		Urobilinogen			
		Pathogen + Sensitivities			
Plasma Mineral and Red Cell Magnesium Profile	NUT8	Calcium	Y, P, N	6	Yes
		Corrected Calcium			
		Albumin			
		Iron			
		Magnesium (Serum)			
		Chromium			
		Copper			
		Manganese			
		Magnesium (Erythrocytes)			

		Selenium			
		Zinc			
		Haematocrit			
Rheumatoid Arthritis Panel	RHAP	C-Reactive Protein	2x Y	6	Yes
		Rheumatoid Factors			
		Anti-Cyclic Citrullinated Peptide			
Respiratory Viral Screen	RVS	Influenza A (Serology)	2x Y	18	
		Influenza B (Serology)			
		Parainfluenza 1 IgG			
		Parainfluenza 2 IgG			
		Parainfluenza 3 IgG			
		RSV IgG			
Sickle Cell Screen	SCKL	Full Blood Count	P	7	
		Haemoglobin Electrophoresis			
Comprehensive STI Profile	STI7	Chlamydia trachomatis	eNAT swab OR RU, 1x Y	3	
		Hepatitis B Surface Antigen			
		Hepatitis C Antibodies			
		HIV 1, HIV 2, p24 Antigen			
		Syphilis			
		N. gonorrhoea			
10 STI Profile by PCR	STI10	Chancroid	eNAT swab OR RU	2	
		Chlamydia trachomatis			
		Herpes Simplex I			
		Herpes Simplex II			
		Mycoplasma genitalium			
		Mycoplasma Hominis			
		N. gonorrhoea (PCR)			
		Syphilis			
		Trichomonas vaginalis			
		Ureaplasma			
Complete STI Profile	STI14	Chancroid	eNAT swab OR RU, 1x Y	2	
		Chlamydia trachomatis			
		Hepatitis B Surface Antigen			
		Hepatitis C Antibodies			
		Herpes Simplex I			
		Herpes Simplex II			
		HIV 1, HIV 2, p24 Antigen			
		Mycoplasma genitalium			
		Mycoplasma Hominis			
		N. gonorrhoea (PCR)			
		Syphilis (IgG/IgM)			
		Syphilis			
		Trichomonas vaginalis			

Bloodborne STI Panel	BSTI	Hepatitis B Surface Antigen	Y	2	
		Hepatitis C Antibodies			
		HIV 1, HIV 2, p24 Antigen			
		Syphilis (IgG/IgM)			
Routine STI Panel with Hep B	STIH	Chlamydia trachomatis	eNAT swab OR RU, 1x Y	2	
		Hepatitis B Surface Antigen			
		HIV 1, HIV 2, p24 Antigen			
		N. gonorrhoea (PCR)			
Routine STI Panel with Syphilis	STIS	Chlamydia trachomatis	eNAT swab OR RU, 1x Y	2	
		Syphilis (IgG/IgM)			
		HIV 1, HIV 2, p24 Antigen			
		N. gonorrhoea (PCR)			
Thrombotic Risk Panel	THRP	Full Blood Count	Y, 3x LB, 2x P	8	
		Clotting Screen			
		Antithrombin III			
		Factor II Prothrombin (G20210A Mutation)			
		Factor V Leiden (G1691A Mutation)			
		MTHFR (Common C677T & A1298C)			
		Protein S Free Antigen			
		Protein C			
		Cardiolipin Antibodies (IgG and IgM)			
Travel Panel 1	TRP1	Hepatitis B Immunity Surface Antibody	2x Y	2	
		Measles IgG			
		Rubella IgG			
Travel Panel 2	TRP2	Hepatitis B Immunity Surface Antibody	3x Y	8	
		Hepatitis C (PCR)			
		Hepatitis C Antibodies			
		HIV 1			
		HIV 2			
		Measles IgG			
		p24 Antigen			
Rubella IgG					
Viral Antibody Panel	VIRA	Herpes Simplex I/II	2x Y	4	Yes
		Cytomegalovirus Antibodies (IgG and IgM)			
		Measles IgG			
		Measles IgM			
		Mumps IgG			
		Mumps IgM			
		Mycoplasma pneumoniae IgG			
		Mycoplasma pneumoniae IgM			

Vitamin Panel 12	VIT12	Alpha-carotene	2x Y, 2x P	19	Yes
		Beta-carotene			
		Alpha-lycopene			
		Beta-lycopene			
		Lutein			
		Zeaxanthin			
		Beta-cryptoxanthin			
		Vitamin A (retinol)			
		Vitamin B3 (niacin, nicotinamide, nicotinic acid)			
		Vitamin B6 (pyridoxal + P-5-P + Pyridoxine)			
		Vitamin B11 (folic acid / vitamin B9)			
		Vitamin B12 (cobalamin)			
		Vitamin E (tocopherol)			
		Vitamin B1 (thiamine-pyrophosphate)			
		Vitamin B2 (riboflavin)			
		Vitamin B5 (pantothenic acid)			
Vitamin B7 (biotin / vitamin B8)					
Vitamin Panel 16	VIT16	Alpha-carotene	2x Y, 2x P	19	Yes
		Beta-carotene			
		Alpha-lycopene			
		Beta-lycopene			
		Lutein			
		Zeaxanthin			
		Beta-cryptoxanthin			
		Vitamin A (retinol)			
		Vitamin B3 (niacin, nicotinamide, nicotinic acid)			
		Vitamin B6 (pyridoxal + P-5-P + Pyridoxine)			
		Vitamin B11 (folic acid / vitamin B9)			
		Vitamin B12 (cobalamin)			
		Vitamin E (tocopherol)			
		Vitamin B1 (thiamine-pyrophosphate)			
		Vitamin B2 (riboflavin)			
		Vitamin B5 (pantothenic acid)			
Vitamin B7 (biotin / vitamin B8)"vitamin D3 (25-hydroxy-Vitamin D3, 25-hydroxy-cholecalciferol)					
Vitamin K1 (phylloquinone, phytonadione)					
Vitamin K2					
Carnitine					
CoQ10					

Vitamin Panel 7	VIT7	β-Carotene	Y, 3x P, GR	14	Yes
		Vitamin A (Retinol)			
		Vitamin B1 (Thiamine)			
		Vitamin B2 (Riboflavin)			
		Vitamin B6 (Pyridoxine)			
		Vitamin C			
<hr/> <i>Green tube must be protected from light.</i> <hr/>					
Vitamin Panel 8	VIT8	Alpha-carotene	2x Y, 2x P	19	Yes
		Beta-carotene			
		Alpha-lycopene			
		Beta-lycopene			
		Lutein			
		Zeaxanthin			
		Beta-cryptoxanthin			
		Vitamin A (retinol)			
		Vitamin B3 (niacin, nicotinamide, nicotinic acid)			
		Vitamin B6 (pyridoxal + P-5-P + Pyridoxine)			
		Vitamin B11 (folic acid / vitamin B9)			
		Vitamin B12 (cobalamin)			
Vitamin E (tocopherol)					
Vitamin B Screen	VITBS	Vitamin B1 (Thiamine)	3x P	8	Yes
		Vitamin B2 (Riboflavin)			
		Vitamin B6 (Pyridoxine)			
Vitamin D Panel - 25-Hydroxy D2 & D3 (Blood Spot)	VITDB	Vitamin D2 (Ergocalciferol)	BS	6	Yes
		Vitamin D3 (Cholecalciferol)			
		Vitamin D Total (25-OH)			
Vitamin D Panel - 25-Hydroxy D2 & D3 (Serum)	VITDS	Vitamin D2 (Ergocalciferol)	Y	16	Yes
		Vitamin D3 (Cholecalciferol)			
		Vitamin D Total (25-OH)			
Vitamin K (K1 & K2)	VITK	Vitamin K1	Y	8	Yes
		Vitamin K2			
<hr/> <i>Sample must be centrifuged, serum separated after collection. Protect vial from light.</i> <hr/>					

PATHOLOGY TESTS

TEST DESCRIPTION	CODE	SAMPLE TYPE	EST. TAT	POST
1,25-OH Vitamin D3	25D3	Y	8	Yes
17 Hydroxyprogesterone	17OH	Y	5	Yes
5-hydroxyindoleacetic acid (5-HIAA)	5HIAA	A24U	8	Yes
Adiponectin	ADIP	Y	41	
<i>Sample must be centrifuged, serum separated and frozen after collection.</i>				
Alanine Aminotransferase	ALT	Y	1	Yes
Albumin	ALB	Y	1	Yes
Aldosterone	ALDO	Y or P	5	Yes
Alkaline Phosphatase	ALP	Y	1	Yes
Alpha 1 Antitrypsin	A1AT	Y	6	Yes
Alpha Feto Protein	AFP	Y	5	Yes
Amylase	AMY	Y	1	Yes
Androstenedione	ANDR	Y	7	
<i>Sample must be centrifuged, serum separated and frozen after collection.</i>				
Anti Streptodornase B	ASDB	Y	6	Yes
Anti-Adrenal Gland Antibodies	AGAB	Y	11	Yes
Anti-Basal Ganglia Antibodies	ABGA	Y	10	Yes
Anti-Cyclic Citrullinated Peptide	ACCP	Y	6*	Yes
<i>*Additional testing carried out if a positive result is observed.</i>				
Anti-MOG (myelin oligodendrocyte glycoprotein) Antibodies	AMOG	Y	11	Yes
Anti-Müllerian Hormone	AMH	Y	1	Yes
Anti-Neutrophil Cytoplasmic Antibodies	ANCA	Y	3	Yes
Antinuclear Antibodies	ANAB	Y	5	Yes
Anti-Phospholipase A2 Receptor	AA2R	Y	15	Yes
Anti-Streptolysin O	ASLO	Y	6	Yes
Antithrombin III	ANT3	LB	15	
<i>Must reach the laboratory in 8 hours. Clinical history is required.</i>				
Apolipoprotein A1	APOA	Y	5	Yes
Apolipoprotein B	APOB	Y	5	Yes
Apolipoprotein E genotype E2/E3/E4 – New test	APEG	P	10	Yes
<i>Enclose genetic request form (available on request and on website).</i>				
Apolipoprotein Panel	APOP	Y	5	Yes
<i>Fasting Sample</i>				
Aspartate Aminotransferase	AST	Y	1	
Aspergillus (IgG Serology)	ASPG	Y	7	Yes
Bacterial Vaginosis	BV	BSW	10	
<i>Enclose the specific request form B18: Bacteriology-Parasitology-Mycology.</i>				
Bence Jones Protein (Urine)	BJPU	RU - Frozen	10	
Beta 2 Glycoprotein 1 Antibodies IgG	B2IG	Y	5	Yes
Beta 2 Glycoprotein 1 Antibodies IgM	B2IM	Y	5	Yes

Beta 2 Glycoprotein Microglobulin (Serum)	B2M	Y	3	Yes
Beta HCG (Quantitative)	BHCG	Y	1	Yes
Bicarbonate	CO2	Y	1	
Bile Acids (Serum)	BILE	Y	3	Yes
Blood Group	BGRP	PK/P	2	Yes
Blood Microscopy (Film)	BMIC	P	3	
Borrelia C6	BC6	Y	22	Yes
Borrelia Immunoblot	BORI	Y	6	Yes
Brain Natriuretic Peptide (NT-ProBNP)	NTBNP	Y	4	Yes
Calcium	CA	Y	1	Yes
Calcium (24-hour Urine)	UCA	24U	6	Yes
Cancer Antigen 125	C125	Y	1	Yes
Cancer Antigen 15-3	C153	Y	4	
Cancer Antigen 19-9	C199	Y	5	Yes
Carbohydrate Deficient Transferrin	CDTR	Y, P	6	Yes
Carcinoembryonic Antigen	CEA	Y	2	Yes
Cardiometabolic Profile	CARD	R	14	Yes

Sample must be centrifuged, serum separated and frozen after collection.

Ceruloplasmin	CERP	Y	1	Yes
Cervical Liquid Based Cytology	LBC	TPV	6	
Chlamydia trachomatis	CLT	RU	2	Yes
Chlamydia/Gonorrhoea (PCR)	GCU	eNAT OR RU	2	
Chloride	CL	Y	1	Yes
Cholesterol	CHOL	Y	1	Yes
Chromogranin A (Fasting)	CHRA	Y	6	

PPIs (proton pump inhibitors) should be stopped 2-3 weeks before the chromogranin A assay. Sample must be centrifuged, serum separated and frozen after collection.

Chromosome Analysis (Blood)	CHRB	GR	31	Yes
Collagen Type 1c Telopeptide NTX	NTX	RU	22	Yes

Store frozen at -20°C and avoid prolonged direct exposure to sunlight.

Complement 1 Inhibitor	C1I	Y	5	
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Must be sent Monday - Friday. Sample must be centrifuged, serum separated and frozen after collection.

Complement C3	C3	Y	4	
Complement C4	C4	Y	4	
Coombs (Direct Antiglobulin Test)	COOMB	P	3	Yes
Copper (Serum)	COPP	Y	1	Yes
Corrected Calcium	CCA	Y	1	Yes
Cortisol	COR	Y	1	Yes
Cortisol (Saliva) – Diurnal Cycle	CORT	KIT (SAL X4)	2	Yes

Samples must be collected at correct times and appropriately labelled.

COVID-19 (SARS-CoV-2) serology (total Ig) anti-N	COVAN	Y	6	Yes
Covid Quantitative Antibodies (Spike)	COVQS	Y	4	Yes

C-Peptide	CPEP	Y	3	
<i>Fasting sample. Sample must be centrifuged, serum separated and frozen after collection.</i>				
<i>Note: Interference possible in patients treated with biotin (vitamin B7, B8 or H) or taking any food supplement containing biotin. Essential to STOP treatment 8 days before taking the sample.</i>				
C-Peptide (Post Glucagon)	CPEG	Y	3	
<i>Sample must be centrifuged, serum separated and frozen after collection.</i>				
C-Reactive Protein	CRP	Y	1	Yes
C-Reactive Protein (High Sensitivity)	CRPH	Y	1	Yes
Clostridium Difficile Toxin by PCR	CLOSD	RF	3	
<i>Not performed on formed stool samples</i>				
Creatine Kinase	CK	Y	1	Yes
Creatine Kinase MB	CKMB	Y	1	Yes
Creatinine (Serum)	CREA	Y	1	Yes
Creatinine (Urine)	CREU	RU	6	Yes
CrossLaps (Serum)	CRLS	Y	5	Yes
<i>Sample must be taken in the morning, after an overnight fast, and consistently at the same time. Sample must be centrifuged, serum separated and frozen after collection.</i>				
<i>Note: Interference possible in patients treated with biotin (vitamin B7, B8 or H) or taking any food supplement containing biotin. Essential to STOP treatment 8 days before taking the sample.</i>				
CrossLaps (Urine)	CRLU	2x RU	17	
<i>Fasting sample. Urinary creatinine will be tested systematically on the same sample (SFBC recommendations). The sampling method chosen must be retained in repeat requests.</i>				
C-Terminal Telopeptide	CTX	Y	6	
<i>Fasting sample. Sample must be taken in the morning, repeat at same time if necessary. Sample must be centrifuged, serum separated and frozen after collection.</i>				
<i>Note: Interference possible in patients treated with biotin (vitamin B7, B8 or H) or taking any food supplement containing biotin. Essential to STOP treatment 8 days before taking the sample.</i>				
Cyfra 21-1	CY21	Y	7	Yes
Cystatin C	CYSC	Y	7	Yes
Cystic Fibrosis Carrier Screen (CTFR508)	CTFR	P	13	Yes
<i>Sample must be sent to lab without delay. Enclose clinical information form (R23-INTGB: Cystic fibrosis gene analysis (CFTR gene). Each request Must ALWAYS be accompanied by a consent form signed by the patient and the prescribing clinician.</i>				
<i>Enclose 2 forms R23-INTGB: Cystic fibrosis gene analysis & D43-INTGB-Attestation-Consent_Genetic.</i>				
Cytomegalovirus Antibodies (IgG and IgM)	CMV	Y	4	Yes
Cytomegalovirus (PCR) – New test	CMVP	P	7	Yes
D-Dimer (Blood)	DDIM	P	1	
Dehydroepiandrosterone Sulphate	DHEAS	Y	1	Yes
Dermatophyte Superficial Fungal Infection (PCR)	DPCR	UC	8	Yes
Diamine Oxidase	DIAM	Y	9	Yes

Digoxin	DIGO	Y	5	
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Always draw blood at the same time before another administration. Sample must be centrifuged, serum separated and frozen after collection.

Enclose form R13-INTGB: Medication Quantification.

Dihydrotestosterone	DIHY	Y	9	Yes
Direct Bilirubin	DBIL	Y	1	Yes
DNA (Double Stranded) Antibodies	DDNA	Y	7	Yes
Ear Swab	EARS	STM	9	
Early CDT Lung	CDTL	Y	11	Yes
Electrolytes (24hr urine)	UELE	24U	1	Yes

Ensure the total volume of the 24-hour collection is clearly recorded on the test request form.

Endomysial Antibodies (IgA)	EIGA	Y	7	Yes
Enhanced Liver Fibrosis	ELF	Y	11	Yes
Enteric Organism Rapid Detection Screen	EORD	FBU	6	
Eosinophil Cationic Protein	ECP	Y (Frozen Serum)	23	

Prohibit use of haemolysed serum. Turn the tube over several times without stirring or centrifuging. Leave to coagulate for 60 to 120 minutes at room temperature (22°C +/-1°C). Centrifuge at 1000-1300 g for 10 min at room temperature. Transfer the serum into a new tube and freeze.

The type of tube used for the sample; coagulation time and temperature should be perfectly monitored because these parameters affect the concentration of the ECP released into serum samples.

Epstein-Barr Virus (PCR)	EBVP	P	6	
Erythrocyte Sedimentation Rate	ESR	P	1	
Erythropoietin	ERY	Y	5	Yes
Estimated Glomerular Filtration Rate	EGFR	Y	1	Yes
Eye Swab	EYES	STM	4	
Factor II Prothrombin (G20210A Mutation)	F2PT	P	10	Yes

Enclose: Genetic Consent Form

Factor V Leiden (G1691A Mutation)	F5LE	P	10	Yes
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Enclose: Genetic Consent Form

Faecal Calprotectin	FCAL	FBU	11	Yes
Faecal Elastase	ELAS	FBU	4	Yes
Faecal Immunochemical Test	FIT	FIT	3	Yes
Female Tumour Markers	FTM	Y	8	Yes
Ferritin	FERR	Y	1	Yes
Filariasis (Serology)	FILA	Y	10	Yes
Folate (Red Cell)	FOLRC	P	3	

Samples are batched and processed on Tuesdays and Fridays

Folate (Serum)	FOLS	Y	1	Yes
Follicle-Stimulating Hormone	FSH	Y	1	Yes

Fragile X Syndrome (PCR)	FXS	P	19	Yes
<i>5 ml of whole blood on EDTA from each parent (quotation on request) is required to perform this test ALWAYS attach the medical prescription, consent form signed by the patient and the prescribing clinician.</i>				
<i>Enclose 2 forms B12-INTGB request form: Molecular Genetics & D43-INTGB-Attestation-Consent_Genetic.</i>				
Free Androgen Index	FAI	Y	1	Yes
Free Metanephrines (Plasma)	METP	GR	9	
<i>Fasting sample. Sample must be centrifuged, serum separated and frozen after collection. Please inform laboratory team in advance of sending sample in.</i>				
Free Metanephrines (Urine)	METU	24U (Acidified & Homogenized)	7	Yes
<i>Code reserved for adults from 18 years old. 1 individual aliquot for this analysis. Specify the diuresis (volume of urine of 24H). Freeze quickly after the end of the collection.</i>				
<i>Urines must be stored refrigerated during the collection process. Do not perform sampling during menstruation period. Please inform laboratory team in advance of sending sample in.</i>				
Free Prostate Specific Antigen	FPSA	Y	1	Yes
Free Testosterone	FTEST	Y	1	Yes
Free Testosterone (Assay)	FTESTA	Y	7	
Free Thyroxine 4	FT4	Y	1	Yes
Free Triiodothyronine 3	FT3	Y	1	Yes
Fructosamine (Serum)	FRUC	Y	5	Yes
Fungal Culture	FUNG	UC	36	Yes
Gamma-Glutamyl Transferase	GGT	Y	1	Yes
Gastric Parietal Cell Antibodies	GCPA	Y	5	Yes
Gliadin IgA	GILA	Y	5	Yes
Gliadin IgG	GILG	Y	5	Yes
Globulin	GLOB	Y	1	Yes
Glucose	GLU	G	1	Yes
Glucose 6-Phosphate Dehydrogenase	G6PD	P	5	Yes
Glycated Haemoglobin	HBA1C	P	1	Yes
Growth Hormone	GH	Y	8	
<i>Store refrigerated</i>				
Haemoglobin Electrophoresis (Sickle)	HBEP	P	4	Yes
Haemoglobinopathy	HBGP	P	4	Yes
Haemochromatosis - HFE common variants C282Y + H63D	HMD	P	26	Yes
<i>Genetics Request Form required</i>				
Haptoglobin	HAPT	Y	5	Yes
<i>ALWAYS specify the patient's age and gender.</i>				
HE4 and ROMA (Earlier detection of ovarian tumour)	HE4R	Y	1	Yes
<i>Note: interference possible in patients treated with biotin (vitamin B7, B8 or H) or taking any food supplement containing biotin. Essential to STOP treatment 8 days before taking the sample.</i>				
Helicobacter Pylori Antibodies IgG	HPYLG	Y	7	Yes

Helicobacter Pylori Faecal Antigen	HPYL	FBU	6	Yes
<i>Enclose the specific request form B18: Bacteriology-Parasitology-Mycology.</i>				
Hepatitis A (IgG and IgM)	HEPA	Y	5	Yes
Hepatitis A IgG Antibodies	HPAG	Y	5	Yes
Hepatitis A IgM Antibodies	HPAM	Y	5	Yes
Hepatitis B 'e' Antibodies	HBEB	Y	5	Yes
Hepatitis B 'e' Antigen	HBEG	Y	5	Yes
Hepatitis B Core IgM	HBCM	Y	5	Yes
Hepatitis B Core Total Antibodies	HBCA	Y	3	Yes
Hepatitis B Immunity Surface Antibody	HBSA	Y	2	Yes
Hepatitis B Panel	HEPBP	Y	2	Yes
Hepatitis B Surface Antigen	HBSG	Y	2	Yes
Hepatitis C - viral RNA detection - PCR (serum)	HEPCV	2x Y	2	No
Hepatitis C Antibodies	HPCA	Y	2	Yes
Hepatitis Screen	HEPS	Y	5	Yes
Hepatitis Screen with HIV	HEPSV	Y	5	Yes
Herpes Simplex I/II IgG	HESG	U (initial stream)	5	Yes
Herpes Simplex I/II (urine)	HES		5	
HHV6 (PCR)	HHV6	P	6	Yes
HHV6 Antibodies (IgG and IgM)	HHV6S	Y	10	Yes
HHV8 (PCR)	HHV8P	P	5	Yes
High Vaginal Swab	HVS	STM	4	Yes
High-Density Lipoprotein Cholesterol	HDL	Y	1	Yes
Histamine (Blood)	HISB	P	19	Yes
Histamine (Urine)	HITU	KIT (MONU)	10	Yes
HIV 1 & 2 with p24 Antigen	HIV	Y	2	Yes
HIV Confirmation (Immuno-Transfer)	HIVC	Y	7	Yes
HIV – Viral Load	HIVVL	P	2	
<i>Sample must reach the laboratory within 4 hours of collection.</i>				
HLA B27	B27	P	6	
<i>Each request Must ALWAYS be accompanied by a consent form signed by the patient and the prescribing clinician. Enclose 2 forms B12-INTGB request form: Molecular Genetics & D43-INTGB-Attestation-Consent_Genetic</i>				
HLA B27 (Genotyping)	B27G	P	1	Yes
<i>Each request Must ALWAYS be accompanied by a consent form signed by the patient and the prescribing clinician. Enclose 2 forms B12-INTGB request form: Molecular Genetics & D43-INTGB-Attestation-Consent_Genetic</i>				
Homeostasis Model Assessment	HOMA	Y, G	1	Yes
Homocysteine	HOMO	P	1	
<i>Must reach the lab in 8 hours</i>				
Hormones Profile (Saliva)	ENDO2	KIT (SAL X4)	11	Yes
Human T Lymphotropic Virus Type I-II (HTLV)	HTLV	Y	5	Yes
IgA (Total)	TIGA	Y	2	Yes
IgE (Total)	TIGE	Y	2	Yes
IgG1 Subclasses	IG1	Y	5	Yes
IgG2 Subclasses	IG2	Y	5	Yes

IgG3 Subclasses	IG3	Y	5	Yes
IgG4 Subclasses	IG4	Y	5	Yes
Immunoglobulins (IgA, IgG and IgM)	IMM	Y	8	Yes
Indirect Bilirubin	IBIL	Y	1	
Infectious Mononucleosis Screen	IMS	P	3	Yes
Influenza A	FLUA	CPCR/Dry swab for PCR testing	1	Yes
Influenza B	FLUB	CPCR/Dry swab for PCR testing	1	Yes
Inhibin B	INHB	Y	5	Yes
<i>ALWAYS collect sample between the 3rd and the 4th day of the menstrual cycle.</i>				
<i>ALWAYS attach the clinical and ultrasound information. Sample must be centrifuged, serum separated and frozen after collection.</i>				
Insulin	INSU	Y	1	Yes
Insulin Resistance Panel	INRP	Y, G	1	
Insulin-Like Growth Factor 1	IGF1	Y	2	
Interleukin 6	IL6	Y	16	
<i>Sample must be centrifuged, serum separated and frozen after collection.</i>				
Interleukin 8	IL8	Y	10	
<i>Sample must reach the laboratory within 4 hours of collection. If this is not possible, the sample must be centrifuged, aliquoted, and frozen within 4 hours of collection prior to dispatch.</i>				
Intrinsic Factor Antibodies	IFAB	Y	7	Yes
Iron	FE	Y	1	Yes
Karyotyping	KARO	GR	24	Yes
<i>Clinical history must be provided.</i>				
Kryptopyrroles (Urine)	KRYP	MONU	8	Yes
Lactate Dehydrogenase	LDH	Y	1	
Lactose Intolerance Gene (LCT)	LCT	P	10	Yes
<i>Enclose: Genetic Consent Form</i>				
Lamotrigine	LAMO	R	8	
<i>Sample must be centrifuged, serum separated and frozen after collection.</i>				
LDL7 Subfractions	LDL7	Y	12	Yes
Leptin	LEP	Y	28*	
<i>Always include patients' height and weight.</i>				
<i>*Additional 7 days if control is required.</i>				
Leptospirosis IgM	LEPM	Y	10	Yes
<i>Enclose the specific clinical information form (R35-INTGB: Infectiology)</i>				
<i>Only to be performed during the immune phase.</i>				
Lipase	LPA	Y	6	Yes
Lipid Peroxidation	LIPER	Y	10	Yes
Lipoprotein (a)	LIPA	Y	2	Yes
Listeria Monocytogenes (PCR)	LISM	P	6	
<i>The use of the S14UK transport bag is mandatory.</i>				
Lithium	LITH	Y	2	Yes
Liver-Kidney Microsomal Antibodies	LKM	Y	7	Yes
Low-Density Lipoprotein Cholesterol	LDL	Y	1	Yes
Lupus Anticoagulant	LUPA	LB	5	

Clinical history required. Sample must reach the lab in 8 hours.

Luteinizing Hormone	LH	Y	1	Yes
Lymphocyte Subsets	LYSB	P	4	
<i>Do not separate or refrigerate; Please label 'risk specimen' if HIV positive.</i>				
Macroprolactin	MPRO	Y	4	Yes
Magnesium (Red Cell)	RCMG	Y, P	6	Yes
Magnesium (Serum)	MG	Y	1	Yes
Magnesium (Urine)	URMG	24U	2	
Ensure the total volume of the 24-hour collection is clearly recorded on the test request form.				
Malaria (Serology)	MAL	Y	17	Yes
Male Tumour Markers	MTM	Y	8	Yes
Manganese (Blood)	MN	N	6	Yes
Manganese (Plasma)	MANG	N	6	Yes
Measles IgG	MEAG	Y	3	Yes
Measles IgM	MEAM	Y	3	Yes
Melatonin Profile (Saliva)	ENDO3	KIT (SAL X4)	11	Yes
Mercury (Blood)	MER	N	6	Yes
Mercury (Urine)	MERU	RU	6	Yes
Methylation Genomics (as add-on to METH2)	MEGE	KIT	22	Yes
<i>Only offered as an add-on to a METH2 request</i>				
Methylation Profile	METH2	1x P 1x P (Frozen Plasma)	22	Yes
Methylation Profile (Plasma)	METH	P (Plasma Frozen)	18	Yes
Methylmalonic Acid (Serum)	MMAS	Y	8	Yes
Methylmalonic Acid (Urine)	MMA	RU	8	Yes
Microalbumin	MCA	RU	2	Yes
Microalbumin / Creatinine Ratio	MCRT	RU	2	Yes
Microscopy Culture and Sensitivity (Stool)	FMCS	FBU	6	Yes
Microscopy Culture and Sensitivity (Urine)	MSU	RU	3	Yes
Mitochondrial Antibodies	MTAB	Y	4	Yes
Molybdenum	MOL	N	6	Yes
MRSA (2x Swab)	MRSA	2 x STM (Nose/Groin)	4	Yes
MTHFR (Common C677T & A1298C Mutations)	MTHF	P	8	Yes
<i>Enclose: Genetic Consent Form</i>				
Mumps IgG	MUMG	Y	6	Yes
Mumps IgM	MUMM	Y	6	Yes
Mycoplasma genitalium	MYG	RU	2	Yes
Mycoplasma pneumoniae IgG	MYPG	Y	7	Yes
Mycoplasma pneumoniae IgM	MYPM	Y	7	Yes
Mycotoxins Panel	MYCP	EMU	14	Yes
Myoglobin (serum)	MYOS	Y	1	Yes
N. gonorrhoea (Culture)	NGO	CTM	2	

N. gonorrhoea (PCR)	NGOP	RU	2	
Nasal Swab	NASS	STM	4	Yes
<i>Refrigerate. Transport on day of or day after collection.</i>				
Neurological Viral Screen	NVS	3x Y	8	
Neurone Specific Enolase	NSE	Y	5	
<i>Sample must be centrifuged, serum separated and frozen after collection.</i>				
Nickel (Serum)	NICS	N	6	Yes
Nickel (Urine)	NICU	RU	6	Yes
NMDA Receptor Antibodies	NMDA	Y	10	Yes
Non-HDL Cholesterol	NHDL	Y	1	Yes
Oestradiol	OES	Y	1	Yes
Oestrone	E1	Y	15	Yes
Omega 6:3	OMEG	P	8	Yes
Oral Swab	ORAS	STM	4	
<i>Refrigerate. Transport on day of or day after collection.</i>				
Organic Acids Microbial Panel	OAMP	EMU	18	Yes
Organic Acids Profile (Urine)	NUT3	EMU	14	Yes
Organic Metabolomics	NUT16	EMU	18	Yes
Osmolality (serum)	OSM	Y	10	Yes
Osmolality (urine)	OSMO	RU	2	Yes
Osteocalcin	OSTC	Y	6	
<i>Sample must be centrifuged, serum separated and frozen after collection.</i>				
Ova, Cysts and Parasites (Stool Culture)	FOCP	FBU	4	
<i>Refrigerate. Transport to the laboratory on the day of collection. For invasive amoebiasis, a fresh 'hot' sample should be transported to the laboratory as soon as possible.</i>				
Parathyroid Hormone	PTH	P	1	
<i>Sample must arrive at the laboratory on the same day as collection.</i>				
Penile Swab	PENS	STM	4	
<i>Store ambient. Transport to lab on day of collection.</i>				
Phosphate	PHOS	Y	1	Yes
Phosphatidylethanol (PEth)	PETH	P	7	Yes
Pituitary Function	PIT	Y	1	
<i>Patient should be fasting and resting for 30 mins before sample taking. Samples need handling urgently. GH must be centrifuged, serum separated and frozen after collection.</i>				
PLAC Test (Lp-PLA2 Enzyme)	PLAC	Y	8	Yes
Potassium	K	Y	1	
Pregnenolone	PREG	Y	14	Yes
Procollagen type 1 amino-terminal propeptide	P1NP	Y	7	
<i>Note: Interference possible in patients treated with biotin (vitamin B7, B8 or H) or taking any food supplement containing biotin. Essential to STOP treatment 8 days before taking the sample.</i>				
Progesterone	PROG	Y	1	Yes
Prolactin	PROL	Y	1	Yes
Protein (24hr Urine)	24P	24U	2	Yes
Protein (Random Urine)	PRRU	RU	2	Yes

Protein C	PRTC	LB	8	
<i>Enclose the specific clinical information form (R5-INTGB: Haemostasis).</i>				
Protein Electrophoresis	PREL	Y	5	Yes
<i>Enclose clinical details.</i>				
Protein S Free Antigen	PSAG	LB	6	
<i>Clinical history is required. Sample must reach the lab in 4 hours.</i>				
PSA Ratio	PSAR	Y	1	Yes
pTau181	PTAU	P	8	
Rabies Antibody Level	RAAB	Y	15	Yes
Rapid Strep (incl. m/c/s)	RAPS	STM (Blue)	6	Yes
Rectal Swab	RECS	STM	4	
<i>Refrigerate. Transport to lab on day of or day after collection.</i>				
Red Cell Elements Profile	NUT7	2x N	18	Yes
Reticulocyte Count	RETC	P	2	Yes
Reverse T3	RT3	Y	22	Yes
Rheumatoid Factors	RF	Y	3	Yes
ROMA Index	ROMA	Y	1	Yes
<i>Note: Interference possible in patients treated with biotin (vitamin B7, B8 or H) or taking any food supplement containing biotin. Essential to STOP treatment 8 days before taking the sample.</i>				
Rotavirus (Stool)	ROTA	FBU	2	
<i>Store refrigerated.</i>				
Rubella IgG	RUBG	Y	2	Yes
Rubella IgM	RUBM	Y	4	Yes
Schistosomiasis (Serology)	SCSE	Y	7	Yes
<i>If positive, the confirmation test is automatically performed.</i>				
Selenium (Plasma)	SE	N	6	Yes
Serum Free Light Chains (Kappa and Lambda)	FLC	Y	6	
<i>Please indicate clinical context.</i>				
Serum Free Light Chains (Kappa)	FLCK	Y	6	
<i>Please indicate clinical context.</i>				
Serum Free Light Chains (Lambda)	FLCL	Y	6	
<i>Please indicate clinical context.</i>				
Sex-determining Region Y	SRY	P	2	Yes
Sex Hormone Binding Globulin	SHBG	Y	1	Yes
Sickle Cell Screen (Hb Electrophoresis, FBC)	SCKL	P	8	
Silver (Blood)	SILB	N	6	Yes
Skin Swab	SKIS	STM	4	
<i>Refrigerate. Transport to the laboratory on the day of or day after collection.</i>				
Small Intestinal Bacterial Overgrowth Test - Glucose	SIBO-G	KIT (BR X10)	2	Yes
Small Intestinal Bacterial Overgrowth Test - Lactulose	SIBO	KIT (BR X10)	2	Yes
Smooth Muscle Antibodies	SMAB	Y	5	Yes
Sodium	NA	Y	1	
Sputum Culture for Tuberculosis	SPTB	U50	44	Yes

Enclose the specific clinical information form (R12-INTGB: Mycobacteria). The use of the S14UK transport bag is Mandatory.

Sputum for routine culture	SPUT	U60	4	Yes
<i>Sputum not saliva (cough deeply).</i>				
Stool Chemistry Panel	STCP	KIT (FW)	11	Yes
Stool Microbiology Panel	STMP	KIT (FY)	18	Yes
Stool Secretory IgA	SIGA	KIT (FY)	18	Yes
Stool Yeast Culture & Sensitivity	YCS	KIT (FY)	11	Yes
Superoxide Dismutase	SUPD	Y	8	Yes
Syphilis (IgG and IgM)	SYPH	Y	2	Yes
Syphilis Screen (VDRL)	VDRL	Y	5	Yes
TB Quantiferon	TBQ	QUANT KIT	4	

Must reach the laboratory on the day of collection, Monday – Friday only.

Testosterone	TEST	Y	1	Yes
Throat Swab	THRS	STM	4	

Refrigerate. Transport to the laboratory on the day of or day after collection.

Thyroglobulin Assay	TG	Y	2	Yes
Thyroglobulin Antibodies	TGAB	Y	1	Yes
Thyroid Antibodies	THAB	Y	1	
Thyroid Peroxidase	TPO	Y	1	Yes
Thyroid Stimulating Hormone	TSH	Y	1	Yes
Tissue Transglutaminase (IgA)	TTG	Y	5	Yes
Titanium (Blood)	TIBO	N	16	Yes
Total Bilirubin	TBIL	Y	1	Yes
Total Cholesterol to HDL Ratio	CHR	Y	1	Yes
Total Iron Binding Capacity	TIBC	Y	1	Yes
Total Prostate Specific Antigen	TPSA	Y	1	Yes
Total Protein	TP	Y	1	Yes
Total Thyroxine 4	TT4	Y	1	Yes
Total Triiodothyronine 3	TT3	Y	1	Yes
Toxic Organic Chemical Exposure with Glyphosate Profile (Urine)	TOX5	EMU	17	Yes
Toxic Organic Chemical Exposure AND Organic Acids Profile (Urine)	TOX6	EMU	17	Yes
Toxoplasmosis (IgG and IgM)	TOX	Y	6	Yes

ALWAYS specify the type: screening, screening check, follow-up, follow-up check, pregnancy screening, pregnancy screening check, pregnancy follow-up, pregnancy follow-up check or newborn.

In case of doubtful serology result, a confirmation test by Western Blot is automatically performed, test code WBTXG.

Transferrin	TFN	Y	1	Yes
Transferrin Saturation	TSAT	Y	1	Yes
Trichomonas vaginalis	TRV	RU	2	Yes

Triglyceride to HDL Ratio	THR	Y	1	Yes
Triglycerides	TRIG	Y	1	Yes
Troponin T (High Sensitivity)	TROPH	Y	5	
Tryptase	TRYP	Y	5	
<i>Store refrigerated.</i>				
TSH Receptor Antibodies	TRAB	Y	8	Yes
Tumour Necrosis Factor	TNF	Y	11	
<i>Sample should be refrigerated until collected for transportation to the laboratory.</i>				
Unsaturated Iron-Binding Capacity	UIBC	Y	1	Yes
Urea (serum)	UREA	Y	1	Yes
Urea (Urine)	UREU	RU	1	Yes
Ureaplasma	URP	RU	2	Yes
Urethral Swab	URES	STM	4	Yes
Uric Acid	UA	Y	1	
Uric Acid (urine)	UAU	24U T28	3	Yes
Urine Cortisol (24hr urine)	CORU	RU	5	Yes
Urine Porphyrins Panel	PORP	AMBU	18	Yes
Vaginal Swab	VAGS	STM	4	Yes
Varicella Zoster Virus Antibodies IgG	VZVG	Y	4	Yes
Varicella Zoster Virus Antibodies IgM	VZVM	Y	4	Yes
Vascular Endothelial Growth Factor	VEGF	Y	19	
<i>Sample must be centrifuged, serum separated and frozen after collection.</i>				
See also Vitamins on pages 27-28 and 44				
Vitamin B12 (Active)	B12A	Y	2	Yes
Vitamin B12 (Total)	B12	Y	1	Yes
Vitamin D (25-OH)	VITD	Y	1	Yes
VLDL Cholesterol	VLDL	Y	7	Yes
<i>Protect sample from light.</i>				
Vulval Swab	VULS	STM	4	
Wound Swab	WOUS	STM	4	
<i>Store at fridge temperature.</i>				
Y Chromosome Microdeletions	YDEL	P	9	Yes
<i>Clinical history must be provided.</i>				
Zinc (Plasma)	ZINC	N	6	Yes
<i>Sample must be centrifuged, serum separated within 24 hours of collection.</i>				

Nutritional & Environmental Medicine

Our Nutritional and Environmental Testing section offers a focused look at how diet, lifestyle, and environmental exposures impact health. These tests are designed to support clinicians in identifying nutritional imbalances, sensitivities, toxic exposures, and oxidative stress that may contribute to a wide range of symptoms and chronic conditions.

Whether you're supporting patients with fatigue, digestive issues, skin concerns, or more complex metabolic and inflammatory disorders, these tests provide valuable insight into underlying causes that may not be visible through standard diagnostics.

If you'd like guidance on choosing the right nutritional or environmental test, or if you're interested in creating a tailored profile for your practice contact us:

at support@vivahealthlaboratories.com or call 0330 088 3030.

NUTRITIONAL AND ENVIRONMENTAL A-Z

TEST DESCRIPTION	CODE	SAMPLE TYPE	EST. TAT	POST
ALLERGY				
Allergy Profile I (151 Foods and Inhalants IgE)*	ALL1	Y	5	Yes
Allergy Profile II (94 Foods IgE)*	ALL2	Y	5	Yes
Allergy Profile III (59 Inhalants IgE)*	ALL3	Y	5	Yes
Food Intolerance Panel (Blood Spot IgG)*	FIPB	M/BS	15	Yes
Food Intolerance Panel (Serum IgG)*	FIPS	Y	15	Yes
*Sample reports available at www.vivahealthlabs.com/testing				
Fructose Intolerance Breath Test	IBTF	KIT (BR X4)	2	Yes
Lactose Intolerance Breath Test	IBTL	KIT (BR X4)	2	Yes
Child Respiratory Allergy Panel (IgE)	ALL4	Y	7	Yes
<ul style="list-style-type: none"> ▪ <i>D. pteronyssinus</i>, <i>Alternaria alternata</i>, Dog (skin flakes), Cat (skin flakes), Common silver birch, Timothy, Plantain. 				
Child Food Allergy Panel (IgE)	ALL5	Y	7	Yes
<ul style="list-style-type: none"> ▪ Cow's milk, Egg's white, Wheat, Fish (cod), Hazel Nut (Reco), Peanut, Soya bean, Mustard, Kiwi, Beef, Shrimp, Sesame seed. 				
Adult Respiratory Allergy Panel (IgE)	ALL6	Y	7	Yes
<ul style="list-style-type: none"> ▪ <i>D. pteronyssinus</i>, <i>D. farinae</i>, <i>Aspergillus fumigatus</i>, <i>Alternaria alternata</i>, Dog (skin flakes), Cat (skin flakes), Common silver birch, Timothy, Plantain. 				
Adult Food Allergy Profile (IgE)	ALL7	Y	7	Yes
<ul style="list-style-type: none"> ▪ Cow's milk, Egg's white, Wheat, Fish (cod), Hazel Nut (Recombi+), Peanut, Soya bean, Banana, Kiwi, Shrimp, Garlic, Yeast. 				
Allergic Rhinitis Profile (IgE)	ALL8	Y	7	Yes
<ul style="list-style-type: none"> ▪ Cow's milk, Egg's white, Peanut, <i>D. pteronyssinus</i>, <i>D. farinae</i>, <i>Alternaria alternata</i>, Timothy, Cat (skin flakes), Dog (skin flakes), Common silver birch. 				
Eczema Allergy Profile (IgE)	ALL9	Y	7	Yes
<ul style="list-style-type: none"> ▪ <i>D. pteronyssinus</i>, <i>Alternaria alternata</i>, Cat (skin flakes), Cow's milk, Egg's white, Wheat, Fish (cod), Hazel nut (Recombi+), Peanut, Soya bean. 				
Nuts Allergy Panel (IgE)	ALL10	Y	7	Yes
<ul style="list-style-type: none"> ▪ Peanut, Hazel nut (Recombi+), Walnut, Pistachio, Brazil nut, Pecan nut, Macadamia nut. 				
Seafood Product Allergy Panel (IgE)	ALL11	Y	7	Yes
<ul style="list-style-type: none"> ▪ Shrimp, Crab, Fish (cod), Blue mussel, Tuna, Salmon, Oyster. 				
Milk And Cow Milk Proteins Allergy Panel (IgE)	ALL12	Y	7	Yes
<ul style="list-style-type: none"> ▪ Cow's milk, Alpha lactalbumin, Beta lactoglobulin, Casein, Bovin albumin, Goat's milk, Sheep's milk, Mare's milk. 				
Egg Allergy Panel (IgE)	ALL13	Y	7	Yes
<ul style="list-style-type: none"> ▪ Egg's white, Egg's yolk, Ovomucoid, Ovalbumin, Conalbumin, Lysozyme. 				
Exotic Fruits Panel + Latex Allergy (IgE)	ALL14	Y	7	Yes
<ul style="list-style-type: none"> ▪ Kiwi, Banana, Pineapple, Papaya, Mango, Avocado, Rubber (R+). 				
Cereals Allergy Panel (IgE)	ALL15	Y	7	Yes
<ul style="list-style-type: none"> ▪ Wheat, Rye, Oat, Barley, Buckwheat seed 				
House Dust Allergy Panel (IgE)	ALL16	Y	7	Yes

<ul style="list-style-type: none"> ▪ <i>D. pteronyssinus</i>, <i>D. farinae</i>, <i>Alternaria alternata</i>, Dog (skin flakes), Cat (skin flakes), Cockroach 				
Venom And Insect Allergy Profile (IgE)	ALL17	Y	7	Yes
<ul style="list-style-type: none"> ▪ Bee venom, Wasp venom (<i>vespula</i>), Wasp venom (<i>poliste</i>), Hornet venom (<i>Vespa crabro</i>), Mosquito (<i>Aedes communis</i>), Fire Ant, Cockroach. 				
B-Lactamines Antibiotics Allergy Panel (IgE)	ALL18	Y	11	Yes
<ul style="list-style-type: none"> ▪ Penicillin G, Penicillin V, Ampicillin, Amoxicillin, c201 Cephalosporin mix (Cefaclor, Cefaxin, Cefotaxim, Cefuroxim). 				
Professional Allergens Panel (IgE)	ALL19	Y	7	Yes
<ul style="list-style-type: none"> ▪ Latex (Recombi+), Ethylene oxide, Phtalic anhydride, Formol, Isocyanate TDI, Isocyanate MDI, Isocyanate HDI. 				

BIOCHEMISTRY

Amino Acid Profile (24-hour Urine)	NUT5	KIT	18	Yes
Amino Acids Analysis (Urine)	NUT15	KIT	14	Yes
Antioxidant Profile	ANTO	Y, GR, P	10	Yes
<i>Protect yellow vial from light.</i>				
Cardiometabolic Profile	CARD	R	14	
<i>Sample must be centrifuged, serum separated and frozen after collection.</i>				
Casomorphin and Gliadorphin Peptides	CGPEP	KIT	10	Yes
Ceruloplasmin	CERP	Y	1	Yes
Coenzyme Q10	CQ10	Y	9	Yes
Comprehensive Neurotransmitter Profile (Urine)	NEU1	KIT	18	Yes
DNA Methylation Profile	NUT10	KIT	11	Yes
DNA Oxidative Damage (Urine)	DOD	RU	11	Yes
EnviroTox Panel	ETP	2X EMU	21	Yes
EnviroTox Complete Panel	ETCP	2X EMU	21	Yes
Essentials Neurotransmitter Profile (Urine)	NEU2	KIT	12	Yes
Fatty Acids Profile (Blood Spot)	NUT6	BS	8	Yes
Fatty Acids Profile (Blood)	NUT6P	P	8	Yes
Glutathione Peroxidase (Red Cell)	GLPO	P	9	Yes
Glyphosate	GLY	RU	12	Yes
Glyphosate Profile [requested with Organic Acids NUT3] (Urine)	NUT4	RU	17	Yes
Hepatic Detoxification Panel	HEPP	RU	18	Yes
Homocysteine	HOMO	P	1	
<i>Must reach the lab in 8 hours.</i>				
Indicans (Urine)	IND	RU	5	Yes
LDL7 Subfractions	LDL7	Y	12	Yes
Zonulin Protein (Serum)	ZONS	Y	10	Yes
Zonulin Protein (Stool)	ZONF	FBU	10	Yes

BIOCHEMISTRY – TRACE METALS

Aluminium (Plasma)	AL	N	6	Yes
Aluminium (Urine)	ALUR	RU	6	Yes
Arsenic (Blood)	AS	N	6	Yes
Arsenic (Urine)	ASU	RU	6	Yes
Cadmium (Blood)	CAD	N	10	Yes
Cadmium (Urine)	CDU	RU	6	Yes
Chromium (Plasma)	CR	N	6	Yes
Chromium (Urine)	CHRU	RU	6	Yes
Cobalt (Serum)	COBS	N	6	Yes
Cobalt (Urine)	COBU	RU	6	Yes
Copper (Serum)	COPP	Y	6	Yes
Fluoride (Urine)	UFL	RU	11	Yes
Intracellular Minerals	NUT13	GR	8	Yes
Iodine (Urine)	IOU	RU	6	Yes
<i>Avoid seafood and iodised salt for 3-days prior to test. 6-hour urine preferable.</i>				
Lead (Urine)	ULEA	RU	6	Yes
Lead (Whole Blood)	LEAD	N	6	Yes
Magnesium (Red Cell)	RCMG	P, Y	5	Yes
Zinc (Plasma)	ZINC	N	6	Yes

BIOCHEMISTRY – VITAMINS & MINERALS

Folate (Red Cell)	FOLRC	P	3	
Folate (Serum)	FOLS	Y	1	Yes
Nicotinamide Adenine Dinucleotide (NAD ⁺ /NADH)	NAD	P	8	
<i>Sample must be maintained at 2–8 °C from the time of collection through to dispatch. Mon-Thurs only</i>				
Vitamin A (Retinol)	VITA	Y	8	Yes
Vitamin B12 (Active)	B12A	Y	2	Yes
Vitamin B12 (Total)	B12	Y	1	Yes
Vitamin B1 (Thiamine)	VIB1	P	10	Yes
Vitamin B2 (Riboflavin)	VIB2	P	8	Yes
Vitamin B3 (Niacinamide)	VIB3	Y	8	Yes
Vitamin B5 (Pantothenic Acid)	VIB5	Y	8	Yes
Vitamin B6 (Pyridoxine)	VIB6	P	8	Yes
Vitamin B7 (Biotin)	VIB7	Y	8	Yes
Vitamin C	VITC	GR	8	Yes
<i>Protect vial from light.</i>				
Vitamin D (25-OH)	VITD	Y	1	Yes
Vitamin E (Total)	VITE	Y	8	Yes
β-Carotene	CARO	Y	9	Yes
<i>Protect vial from light.</i>				

ENDOCRINOLOGY

Adrenal Stress Profile (Saliva)	ENDO1	KIT (SAL X4)	16	Yes
Hormones Profile (Saliva)	ENDO2	KIT (SAL X4)	10	Yes

GENETICS

MTHFR (Common C677T & A1298C Mutations)	MTHF	P	10	Yes
Enclose: Genetic Consent Form				

IMMUNOLOGY

Endomysial Antibodies (IgA)	EIGA	Y	7	Yes
Gliadin IgA	GILA	Y	5	Yes
Gliadin IgG	GILG	Y	5	Yes
Histamine (Blood)	HISB	P	19	Yes
Histamine (Urine)	HITU	KIT (MONU)	10	Yes
Tissue Transglutaminase (IgA)	TTG	Y	5	Yes

GASTROENTEROLOGY

Comprehensive Clostridium Culture	CLOS	KIT (FY)	25	Yes
Comprehensive Parasitology Profile	G12	KIT (3x FBK, 1x FY)	18	Yes
Comprehensive Stool with Parasitology Profile	G11	KIT (3x FBK, 1x FY, 1x FW)	18	Yes
Faecal Calprotectin	FCAL	FBU	10	Yes
Faecal Elastase	ELAS	FBU	8	Yes
GI Effects	G17	KIT (7x Stool)	21	Yes
GI Pathogens Profile	G16	KIT (FY)	10	Yes
Gi-Map	G110	KIT (FO)	19	Yes
Gi-Map (with Zonulin)	G18	KIT (FO)	19	Yes
Gi-Pathogens	G19	KIT (FO)	19	Yes
GI360 Comprehensive Stool Profile	G13	KIT (3x FBK, 1x FY, 1x FW)	15	Yes
GI360 Essentials Stool Profile	G14	KIT (3x FBK, 1x FY)	15	Yes
GI360 Microbiome Stool Profile	G15	KIT (FY)	15	Yes
Zonulin (add on for G110)	G111	KIT (FO)	19	Yes

PROFILES AND PANELS

18 Essential Elements Profile (Urine)	NUT2	U50	18	Yes
20 Toxic Elements Profile (Urine)	TOX2	U50	18	Yes
22 Toxic Elements Profile (Blood)	TOX3	N	18	Yes
38 Essential and Toxic Elements Profile (Urine)	NUT1	U50	18	Yes
Comprehensive Urine Elements Profile	NUT14	KIT	14	Yes
Coeliac Profile 1 – <i>see page 22</i>	COP1	2x Y	5	Yes
Coeliac Profile 2 - <i>see page 23</i>	COP2	2x Y	5	Yes
Fat Soluble Vitamin Profile 2 - <i>see page 23</i>	FSVP	Y	19	Yes
Hair Mineral and Toxic Metals Profile	NUT9	KIT (Hair)	18	Yes
Hair Mineral & Toxic Elements Analysis	NUT11	KIT (Hair)	18	Yes
Hair Toxic Elements Profile	TOX1	KIT (Hair)	18	Yes
Heavy Metals in Urine	TOX11	RU	10	Yes
Plasma Mineral and Red Cell Magnesium Profile - <i>see page 24</i>	NUT8	Y, P, N	6	Yes
Per- and polyfluoroalkyl compounds - 7 compounds panel	PFAS	R	26	
Enclose required documentation: B107-INTGB (Specific Request Form). Sample must be sent to the laboratory on the same day as collection. Patient must not use cream, lotion, or sunscreen on the day of testing.				
Per- and polyfluoroalkyl compounds – Extended (30 Compounds)	PFASM	R	26	
Enclose required documentation: B107-INTGB (Specific Request Form). Sample must be sent to the laboratory on the same day as collection. Patient must not use cream, lotion, or sunscreen on the day of testing.				
Vitamin Panel 12 - <i>see page 27</i>	VIT12	2x Y, 2x P	19	Yes
Vitamin Panel 16 - <i>see page 27</i>	VIT16	2x Y, 2x P	19	Yes
Vitamin Panel 7- <i>see page 28</i>	VIT7	Y, 3xP, GR	14	Yes
Vitamin Panel 8 - <i>see page 28</i>	VIT8	2x Y, 2x P	19	Yes
Vitamin B Screen - <i>see page 28</i>	VITBS	3x P	8	Yes
Vitamin D Panel - 25-Hydroxy D2 & D3 (Blood Spot) - <i>see page 28</i>	VITDB	BS	16	Yes
Vitamin D Panel - 25-Hydroxy D2 & D3 (Serum) - <i>see page 28</i>	VITDS	Y	16	Yes
Vitamin K (K1 & K2) - <i>see page 28</i>	VITK	Y	8	Yes
Sample must be centrifuged, serum separated after collection. Protect vial from light.				
Whole Blood Mineral and Toxic Elements Maxi	TOX7	GR	8	Yes

SAMPLE KEY

Vacutainer	Description
BS	Blood-spot card
M	Microtainer
GR	Green Vacutainer with lithium heparin additive
G	Grey Vacutainer with fluoride oxalate additive
LB	Light Blue Vacutainer sodium citrate additive
N	Navy Vacutainer - with EDTA for trace elements
PK	Pink Vacutainer with EDTA additive
P	Purple/EDTA - Vacutainer with EDTA additive
R	Red Vacutainer with clot activator
Y	Yellow/SST - Vacutainer with serum-separating gel

Sample Type	Description
AMBU	10mL Amber Urine
MONU	10mL Urine Monovette
A24U	24hr urine container (pre-acidified urine)
24U	24hr urine collection (30mL aliquot required)
T28	4ml T28 Urine tube – (aliquot from 24U container)
BR X#	Breath sample with number of tubes
BSW	Buccal swab
EMU	Early morning urine
FBK	Faecal container (black cap)
FBU	Faecal container (blue cap)
FO	Faecal container (orange cap)
FW	Faecal container (white cap)
FY	Faecal container (yellow cap)
FIT	Faecal Immunochemical collection kit
HAIR	Hair sample
RU	Random urine
KIT	Requires a unique collection kit
SAL X#	Saliva sample with number of tubes
CPCR	Cobas PCR media (yellow top)
CTM	Swab with charcoal transport medium
eNAT	Swab with eNAT medium
STM	Swab with transport medium (blue or orange)
TPV	Thin prep vial and brush
U50	Universal Container – 50ml
U60	Universal Container – 60ml
UC	Universal Sterile Container

Viva Health Laboratory Sub-Processors

For certain specialist or highly complex tests, Viva Health Laboratories partners with a trusted network of accredited referral laboratories. These external laboratories are selected based on their expertise, quality standards, and ability to perform advanced diagnostics not available in-house.

Referral laboratories will be clearly identified on the final patient report to ensure transparency. All testing, whether conducted by Viva Health Laboratories or a referral partner is carried out in accordance with the relevant regulatory and quality assurance standards.

Sub-Processor	Purpose	Location
Affinity Biomarkers Labs	Referral Partner	United Kingdom
Bio-Diagnostics Ltd	Referral Partner	United Kingdom
Biovis Diagnostics	Referral Partner	Germany
City Assays, Birmingham Hospital	Referral Partner	United Kingdom
Eurofins County Pathology	Referral Partner	United Kingdom
SAS Trace Element Centre RSCH	Referral Partner	United Kingdom
Diagnostic Solutions Laboratory	Referral Partner	United States
Doctor's Data Inc.	Referral Partner	United States
Mosaic Diagnostics	Referral Partner	United States
The Doctors Laboratory Ltd	Referral Partner	United Kingdom
World Health Laboratories	Referral Partner	Netherlands

Terms and Conditions of Business

A copy of Viva Health Laboratories Ltd's current Terms and Conditions of Business are available upon request or by visiting www.vivahealthlabs.com/terms-conditions

Raising a Complaint

We are committed to delivering the highest standard of service and welcome feedback to help us improve. If you wish to raise a concern or make a complaint regarding any aspect of our service, please contact us using one of the methods below:

Email:

customercomplaints@vivahealthlaboratories.com

Post:

Viva Health Laboratories Ltd, The Stables, New Lodge, Drift Road, Winkfield, Windsor, SL4 4RR

A member of our Senior Management team or our Quality Lead will acknowledge your concern within **24 hours** of receipt. We are committed to investigating all matters thoroughly and resolving them promptly and professionally.



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