

DIRECT ACCESS	<i>A convenient and affordable option for medical laboratory testing.</i>	DIRECT ACCESS
LABORATORY TESTING	THE DIRECT ACCESS TESTING PROCESS	LABORATORY TEST RESULTS



Direct Access Testing through St. Francis Healthcare Campus' laboratory allows patients to directly request 20 common laboratory tests. These affordably priced tests allow you to get important information about your health when *you* want it. Direct Access Testing can be useful for purposes of screening, detecting, or managing a disease or therapy.

A Commitment to Quality

St. Francis Healthcare Campus' laboratory is accredited by CLIA. Our skilled staff includes 11 professionals with an average of more than 15 years of experience. Every year more than 35,000 tests are performed at the hospital's laboratory for hospital patients, local nursing home residents, and outpatients of area providers.

1 **Prepare for your test**

A 12-hour fast prior to testing is recommended for the most accurate results. Over-the-counter medications, prescription drugs, herbal remedies, alcohol consumption, and your fasting time may affect blood chemistry results.

2 **Go to St. Francis Lab for blood collection**

Testing specimens can be collected Monday – Friday 8AM – 3PM

- * Payment is due at the time of service. By collecting payment at the time of service, no claim is submitted to an insurance provider, no bills have to be mailed or processed, and other paperwork is reduced, which lowers the overall cost of providing the service. That savings is passed on to you in the form of lower testing fees.

3 **Review your results**

- * St. Francis laboratory follows health information privacy laws to ensure that we maintain the confidentiality of all tests and results. Your Laboratory Test Report will be mailed to you a few days after the test. If you prefer, you may pick up your results personally at the main laboratory.
- * Along with your test results, the report will include normal reference ranges for each of your tests. It is not unusual to be slightly outside of this normal range.

* Only your physician can properly interpret these results within the context of the test and your general medical condition. Thus, if your values are significantly outside of the normal range, we recommend you to make an appointment and see your physician at the earliest possible time to discuss it. Even if you think you know why a result may be outside the reference range, it is a good idea to discuss it with your physician.

- Sanford Clinic Appointment # 701-642-7070
- Essentia Clinic Appointment # 701-642-2000



DIRECT ACCESS TEST GLOSSARY

Following is a glossary of tests available through the Direct Access testing service at St. Francis Healthcare Campus. These tests may help you learn more about your body and detect potential problems in their early stages, when treatment or changes in personal health habits can be most effective.

ALT (Alanine Aminotransferase) Liver damage from alcohol, strenuous exercise, and various diseases can cause high values of both ALT and AST. You should arrange for an appointment with your health care provider to evaluate high levels of ALT. Low values are not generally considered significant.

AST (Aspartate Aminotransferase) AST is released into the blood stream when the heart, liver, or muscles are damaged. Increased levels are usually associated with liver disease or heart attacks. You should arrange for an appointment with your health care provider to evaluate high levels of AST. Low values are not generally considered significant.

Blood Type (ABO & RH) Blood types are inherited characteristics determined by various antigens (substances in the blood which stimulate antibody formation) that are present on the red blood cells and that are governed by the laws of genetics. The ABO and Rh blood group systems are the most clinically important in cross-matching because the A, B, and Rh substances are strongly antigenic if transfused into individuals who lack them.

BMP Basic Metabolic Panel (sodium, potassium, chloride, carbon dioxide, creatinine, blood urea nitrogen, glucose, calcium) This panel tests for disease or malfunction of the heart, liver, kidney, and bones.

CBC (w/Diff) Complete Blood Count - white blood cells, red blood cells, hemoglobin, hematocrit, mean cell volume, mean corpuscular hemoglobin, platelet count. This test screens for cell abnormalities and evidence of medical conditions. It is most commonly used to screen for infection, anemia and other blood disorders such as leukemia.

Cholesterol (FASTING) Elevated levels of cholesterol have been shown to be associated with a higher risk of heart disease and clogged blood vessels.

CMP Complete Metabolic Panel (BMP plus albumin, total bilirubin, alkaline phosphatase, total protein, ALT, AST) In addition to the BMP tests, this screen provides indicators for malnutrition, disease or damage to the heart, liver, kidney, bone and bile duct, and severe injury.

Glucose (FASTING) A high blood glucose level suggests diabetes. A low glucose level accompanied with symptoms such as weakness, nausea, sweating, and difficulty thinking clearly is suggestive of hypoglycemia. Even if you know you have diabetes, it is important to see your healthcare provider to discuss any abnormal levels.

Hemoglobin A1C (FASTING) An elevated value of hemoglobin A1C may be an indication of diabetes. You should make an appointment with your healthcare provider to discuss any abnormal values. It has not been established whether low values are significant.

Hepatic Function Panel (albumin, total and direct bilirubin, alkaline phosphatase, total protein, ALT, AST) This test panel is used primarily to detect liver damage and liver disease, but will also indicate the presence of malnutrition, severe injury, major bone fractures, slow bleeding over time, bone disease, or bile duct damage or disease.

Lipid Panel (cholesterol, triglycerides, HDL, LDL, coronary risk) (FASTING) This panel, which measures your total cholesterol, triglycerides, HDL ("good" cholesterol), LDL ("bad" cholesterol), and the ratio of your total cholesterol to your HDL cholesterol, helps determine the risks and/or presence of heart disease.

Pregnancy Test (beta-HCG screen) This pregnancy screen is performed on a urine sample. For most accurate results the sample should come from the first morning void.

PT and INR is a measurement of how long it takes for blood to form clots. The test is routinely used to see how well blood thinning medications are working to prevent clots. It is also used as a screen to detect Vitamin K deficiencies, liver disease, or the presence of blood clotting inhibitors. The ingestion of certain drugs and foods, or underlying illness can also alter the PT result. The PT result may vary from laboratory to laboratory because of different kinds of instrumentation and/or reagents used to measure the prothrombin time. The INR (International Normalized Ratio) was developed to account for this variance and is a more accurate measurement of the clotting time from lab to lab.

Triglycerides (FASTING) High triglyceride levels may be related to a higher risk of heart disease. Low values are not generally considered significant.

TSH (thyroid-stimulating hormone) Either high or low TSH levels are indications of thyroid malfunctions. If you are taking thyroid hormone medication, the TSH test can also detect if the dosage is correct.

Uric Acid A high level of uric acid may cause gout, arthritis, or kidney stones. Kidney disease, stress, alcohol, diet and certain diuretics may elevate the uric acid level. High levels should be evaluated through an appointment with your healthcare provider; low values are not generally considered significant.

Urinalysis with Microscopy helps to indicate the presence of urinary tract infection as well as systemic illness due to kidney disorders.

Vitamin B12 Vitamin B12 deficiencies can indicate neurological abnormalities, macrocytic anemia, gastrectomy, diseases of the small intestine, or low vitamin B12 intake. Vitamin B12 deficiency may cause macrocytic anemia.



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