

## Understanding Your Blood Test Results

Your GP record is meant to help your medical team care for you. Sometimes, this information can be hard to understand. We've provided this guide to help you make sense of your test results, but feel free to ask our team if you have questions.

### Key Points About Your Results

- **Normal Ranges:** A result outside the normal range doesn't always mean there's a problem; these ranges are just guidelines.
- **Normal Results:** Even if all your results are normal, it doesn't guarantee you have no health concerns.
- **Timing:** Not all results come back at the same time. We might be waiting on some before contacting you.
- **Comments:** Notes on your results are often for doctors, not patients. They may not be clear to you.
- **Follow-Up:** Always follow your doctor's advice and look for their comments, as they may contain important information.

### Frequently Asked Questions

**Where are the normal ranges for tests?** You can find the normal ranges on your lab report, usually next to your results. These ranges are standard but might not apply to everyone due to factors like age, gender, or health conditions.

**What if my result is outside the normal range?** Your healthcare provider will look at your results alongside your medical history and other tests. A single abnormal result may not mean there's a problem, but it could require further investigation.

**If my results are normal, am I okay?** Normal results are a positive sign, but they only show a snapshot of your health. There can still be hidden issues, so continue to maintain a healthy lifestyle and follow your doctor's advice.

**If my result is abnormal, do I have a health issue?** Not necessarily. An abnormal result means your doctor will look closer, but it doesn't always indicate a specific health problem. Sometimes, results can be outside the normal range for various reasons, and retesting may be needed.

**What happens after I have a blood test?** Blood samples are sent to a lab for analysis. We'll contact you based on your results:

- **Urgent issues:** We'll call you right away.
- **Non-urgent issues:** We'll reach out within a reasonable time.
- **Normal results:** You might get a text message.

You can also check your results on the NHS App or contact us if you have questions.

**Why do results take so long?** Your doctor or nurse will give you an estimate for how long your test results will take. Most tests are done within a week, but some may take longer.

### Doctor's Comments Explained

- **Book an Appointment:** The doctor wants to discuss your results with you.
- **Repeat Test:** They want to check if your results have changed.
- **Already Discussed:** The doctor has already gone over the results with you.
- **No Action Needed:** Your results are normal; no further action is required.
- **Satisfactory:** Results are slightly off but not concerning.
- **Stable:** Your results are stable; monitoring will continue.
- **On Correct Treatment:** Your current medication is working as it should.
- **Inadequate Specimen:** Your sample was unusable, and you may need to retest.
- **Referred to Pharmacist:** The pharmacist will contact you to discuss medication changes.

### Helpful Links

- [Lab Tests Online](#)
- [About the NHS App](#)
- [NHS App Help and Support](#)

Feel free to reach out if you have more questions!