



## PREGNANCY NUTRITION

Pregnancy is an exciting time with lots of changes happening in your body. So it's key to ensure you're getting all the right nutrients to support your energy levels and a growing baby. Our Pregnancy Nutrition test will help check that your diet is giving you everything you need. It checks your iron levels, along with folate (vitamin B9), vitamin B12 and vitamin D. It also checks your haemoglobin levels which is important for carrying oxygen around the body ensuring you have enough energy.

### Biomarkers

- Active B12
- Ferritin
- Folate (serum)
- Haemoglobin
- HbA1c
- HDL
- HDL Ratio
- LDL
- Red Blood Cell Count (RBC)
- Total Cholesterol
- Triglycerides
- Vitamin D (25 OH)
- White Blood Cell Count (WBC)

### How Does it Work?

Our blood test service has been planned to help you proactively manage your health.

Your sample will either be taken via a finger prick test or venipuncture dependent on the type of screening you have requested. Once your sample is taken it is sent off to a UCAS and ISO15189 accredited laboratory and typically your results are back within 48 hours for us to discuss either back in clinic or via a video consultation.

Simply book your appointment with us, **we will need 48 hours' notice before you attend our clinic for your test and some tests must be taken at certain times.** We will then have everything ready on the day to take your blood sample.

Please feel free to book a free consultation where we can take the time to discuss what test is best suited for what you would like to achieve from your personal screening, alternatively send us a message telling us what screening you would like to have so we can then arrange it at an appropriate time to ensure we have the correct screening test and are able to ensure we can get your samples to the laboratory in a timely manner.

You can email us at [jenna@fallonaesthetics.co.uk](mailto:jenna@fallonaesthetics.co.uk) or message on 07907 005255