



## Understanding Your Test Results

### Getting Your Test Results:

- If your test results show that you need more tests or treatment, we will contact you. For urgent results, you will be contacted directly by the duty doctor on the day we receive the results to ensure prompt action is taken.
- Once a doctor has reviewed your test results, you can view them using your **NHS account (through the NHS website or NHS App)**.
- If you cannot use the NHS app, you can use our online form to enquire about them, phone us, or visit us during our opening hours.
- For tests completed following a hospital appointment, contact the hospital directly for those results.

### Understanding Your Test Results:

- Your GP record is primarily written for medical staff, so you may not understand everything you see. We have shared this information to help you understand your test results, but if you have any further questions, please speak to a member of our team.
- It is important to learn what's 'normal for you', especially if you have a long-term illness, as your results may be different from other people's.

### Significant Things to Consider About Your Results:

- A test result outside the range may not indicate a problem; these are just reference ranges.
- If all results are within the reference range, this does not completely guarantee there isn't a concern.
- Not all results are returned to us at the same time; we may be waiting for further results before contacting you.
- Comments may have been added automatically by a laboratory computer or by a laboratory scientist/doctor. Generally, comments are written for the doctor requesting the test rather than the patient and so they may not be very meaningful to you.



### Following Doctor's Advice:

- It is important to follow the advice of your doctor or other healthcare professional. Always look out for our comments attached to results. Often these have information about the test and how to interpret the result.

### What Do the Doctor's Comments Mean?

- **Abnormal but stable, repeat the test:** The doctor has looked at the result and although not normal, it has not changed from previous tests and is stable. This can represent a longstanding abnormality that is explained by your existing health problems and is not concerning if it remains at the current level.
- **Abnormal - repeat or further tests needed:** Often a mild abnormality can resolve or improve with no treatment if the blood test is repeated after a short wait, or additional tests are needed to clarify a result.
- **Abnormal, contact patient for follow-up:** The doctor has looked at your result and feels it is abnormal. They will have called you or sent a message directly to you to arrange a review appointment or other action to take.
- **Abnormal, contact patient to collect prescription:** The doctor has looked at your result and feels a prescription is required. A message will have been sent to you to collect a prescription.
- **Abnormal, await routine appointment invite:** The doctor has looked at the result and feels it is abnormal and needs to be discussed in a routine appointment. An appointment will be sent to you within the next 4 weeks.
- **Abnormal on correct treatment:**  
The doctor has looked at the result and feels it is abnormal. You are already taking or have been prescribed the correct medication.
- **Satisfactory/as expected, no action required:** The doctor has looked at the result and feels it is as anticipated when ordered. No additional action is required.
- **For information only - sample requested by secondary care:** The blood test was requested by a hospital clinician. Although the results come into your GP record, the responsibility for any actions lies with the doctor who requested them. They will receive a copy of the results and you should contact them with any queries.



- **Improved on previous result, no action required:** The doctor has looked at the result and feels it has improved from a recent test and is now satisfactory with no further action necessary.
- **Normal result, no action required:** The doctor has reviewed your results confirming they are normal; no further action is needed. If the test was done before an appointment, please still attend when invited, if your symptoms persist. There's no need to contact us before then, as the result is not urgent. If the test followed an appointment, and symptoms continue, please contact us via our website.

### **Other Types of Tests:**

- Your doctor may have referred you for additional tests like an ultrasound, CT scan, MRI, or x-rays. You will usually need to wait for an appointment from the hospital, and wait times can vary.
- After your test, the results may be discussed with you on the day, or you will be given a timeframe for when to expect them. The results are typically sent to us by letter, which can take several weeks.

### **What Happens After Your Test?**

- Blood tests and other samples have to be sent away to a hospital laboratory for analysis. An NHS courier collects samples from us each day in the early afternoon.
- If your result needs urgent action, we will contact you by phone to discuss what action needs to be taken.
- If your result needs action, but not urgently, we will contact you within an appropriate timescale to explain what action needs to be taken.
- If your result is normal, we will not normally contact you, unless the doctor has some information for you following your test.
- If you want to discuss your result with a doctor or nurse, or have further questions, please either complete an online request or contact the practice.



### Frequently Asked Questions:

- **Where are the reference ranges (normal ranges) for tests?:** The reference ranges for your tests can be found on your laboratory report. They are standardised reference ranges but they will not apply to everyone.
- **What does it mean if my result is outside the reference range?:** Your test results are interpreted by your health care provider within the context of other tests that you have completed. A result outside the reference range may indicate a problem and warrant further investigation.
- **If my results are normal, does that mean I have nothing to worry about?:** If your results are within normal limits, it's a good sign, but one set of tests offers a snapshot of certain aspects of your health rather than a guarantee.
- **If my result is abnormal, does that mean I have a problem with my health?:** Not necessarily. A test result outside the reference range may signal to your doctor to further investigate your condition but it may or may not indicate a specific problem.