



## What is a Normal or Reference Range?

Laboratory tests provide helpful information to assess an individual's health status. Physicians use these tests for diagnosis as well as to monitor medical conditions. Normal (reference) Ranges will appear on your report for certain tests. It is important to understand, however, that a normal result does not necessarily mean that you do not require medical attention. Similarly, an abnormal result does not necessarily mean that there is something wrong. 5% of healthy people will have results outside of the normal range, even though there is nothing wrong with them. You are encouraged to discuss your results with your physician.

## How to use our service?

- A qualified Direct Access Testing Coordinator will assist you in completing the Direct Access Testing Request form.
- Most tests will be available immediately, but some may require special preparation such as fasting overnight.
- The specimen will be collected and sent immediately to the Laboratory for testing.
- All testing is performed at our own fully accredited facilities.
- Test results will be sent to you confidentially within three business days. It is important to follow up with your doctor to discuss any concerns you may have about your results.
- Any critical test results will be reviewed by a Pathologist, and a list of local physicians will be provided for you to consult for an appointment.
- Payment for the tests may be by cash or credit card.

## About Our Laboratory

The American Hospital Dubai Medical Laboratory has been accredited by the College of American Pathologists (CAP) since 2001, making it the first private laboratory in the Middle East to receive this accreditation by the CAP, the United States' largest association for American Board Certified Laboratory Pathologists, and the recognized world leader in Laboratory Quality Assurance. The goal of the accreditation program is to improve the quality of clinical laboratory services through, professional peer review, education, and compliance with established performance standards.

This is in addition to our hospital being the first hospital to receive JCI accreditation in the Middle East. The Pathology Laboratory at the American Hospital Dubai is a full service laboratory operating from 8 AM to 8 PM every day except Fridays, to provide the highest quality test results to meet our patient and physician needs.

The Laboratory has a team of over 30 full-time qualified staff. The services offered include Biochemistry, Hematology, Transfusion Medicine, Microbiology, Molecular Biology, Histology, and Cytology.

### Laboratory Department

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Delivering better health in the Middle East

The first hospital in the Middle East to be awarded Joint Commission International Accreditation (JCI).

The first private laboratory to be certified by the College of American Pathologists (CAP)



# WELCOME TO DIRECT ACCESS

## No Appointment Needed



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At the American Hospital Dubai we recognize that your time is valuable. Hence the Department of Pathology and Laboratory Medicine is pleased to provide you with test options that can be accessed through our walk in Clinic.

This service is available to individuals requesting direct access to their own health care testing, and who wish to receive information that may assist in the prevention and early detection of disease. It also means that you can have test results ready before your next physician's visit, saving time and allowing for a better discussion during the visit.

## Tests Offered

The group of tests offered can provide early warnings for a large variety of diseases or abnormalities. By identifying the risk factors of the disease, you will also be able to target lifestyle changes. The following list provides a summary of the tests offered with a brief explanation. If you require a test not listed here, our Coordinator will be pleased to advise you.

**Anemia Profile** (CBC, Iron, TIBC, Transferrin, Ferritin, RBC Folate, Serum Folate and Vitamin B12)

When the amount of hemoglobin (found in the red blood cells) falls below normal anemia occurs. The complete anemia profile will evaluate your iron status. It includes a CBC (Complete Blood Count) and check for vitamin deficiency.



**Lipid Profile** (Total Cholesterol / HDL Cholesterol / LDL Cholesterol and Triglyceride) has been associated with heart disease. Total cholesterol is the total of all the cholesterol in your blood.

HDL cholesterol is known as 'the good cholesterol' as it protects against cardiovascular disease.

LDL cholesterol is referred to as 'the bad cholesterol' because cholesterol deposits in the arteries

Triglyceride is the level of fat in your blood.

**Electrolytes:** (Sodium, Potassium, Chloride & Calcium), that provide useful information about the overall health and status of your body.

**Sodium** There are many causes of high and low sodium levels, but the most common causes are the use of Diuretics, Diabetes drugs, and excessive water intake in patients with heart or liver disease.

**Potassium** It is important for the proper functioning of the nerves and muscles, particularly the heart.

**Chloride** Helps to maintain proper blood volume, blood pressure and balance of body fluids.

**Calcium** Is mostly found in the bone, and is important for proper blood clotting, nerve and cell activity.

**Diabetes Screen:** Glucose, is a measure of the sugar level in the blood. High values are associated with eating before the test, or possible diabetes.

**Liver Profile:** (Total Protein, Albumin, AST, ALT, Bilirubin, GGT and ALP), and assess how well your liver is functioning.

**Total Protein** Measures the total amount of protein in blood serum.

**Albumin** Is used to assess nutritional status and is important for tissue growth and healing. When the levels drop, fluid may collect in the ankles, lung or abdomen.

**AST & ALT** Are liver and muscle enzymes. They may be elevated due to liver problems, hepatitis, excess alcohol intake, muscle injury and a recent heart attack.

**Bilirubin** Is a pigment removed from the blood by the liver.

**GGT** Is an enzyme that is elevated in liver disease, particularly with obstruction of bile ducts.

**ALP** Values are often higher for growing children and pregnant women. Elevated results are also seen in those with gallstones or bone or liver problems.

**Renal Profile:** (Urea, Creatinine and Uric Acid): The tests in this profile provide information about your kidney function.

**Urea** High values may mean that the kidneys are not working properly. High protein diets and/or strenuous exercise or pregnancy can lower it.

**Creatinine** High values, especially combined with high Urea levels, may indicate problems with the kidneys.

**Uric Acid** Increased levels are associated with gout, arthritis, kidney problems and the use of some diuretics.

**Thyroid Screen:** provides information about the body metabolism.

**Thyroid Stimulation Hormone (TSH)** A high level suggests the thyroid is under active and a low level suggests the thyroid is overactive.

**Urinalysis:** The urinalysis measures the presence and amount of a number of chemicals in the urine, which reflect much about the health of the kidneys, along with cells that may be present in the urine (for example Red Blood Cells, White Blood Cells, or groups of these). In addition, the laboratory looks for crystals, bacteria, and other organisms in the urinary sediment.

**CRP:** (C-Reactive Protein): Its concentration increases within a few hours after the start of an infection which makes it a useful general marker of infection and inflammation.

**PSA:** (Prostatic Specific Antigen): High level in the blood suggests men have an inflammation of the prostate gland or may have prostate cancer.

**Fecal Occult Blood:** This test is used to detect cancer in the bowel.