



### **Patient Instructions for Blood Draws:**

If you have a specialty lab test kit from BNHC, bring only to Cole Diagnostics.

If your doctor asked you to fast – do not eat or drink for 12 hours prior except water.

If testing hsCRP, don't exercise intensely 48 hours before your blood draw.

If testing Cortisol do the draw as close to 8 am as possible, not after 9 am.

If testing THYROID:

Your blood must be drawn 4 – 6 hours after your last dose.

No supplemental BIOTIN for 48 hours prior to the blood draw. Check your multi.

### **Locations for Blood Draws – Double check the labs' web pages as hours change:**

No appointment necessary. Take your lab order requisition from BNHC to the lab station your doctor requested. If none requested, you can use any lab. You can ask the lab to bill your insurance or pay them directly. (NOTE: Medicare/Medicaid does not cover labs ordered by naturopathic doctors in Idaho.) The labs will fax the results to BNHC.

[www.colediagnosics.com](http://www.colediagnosics.com) 208-472-1082

*(The only local lab that will draw blood for specialty lab kits)*

Garden City 7988 W Marigold – Covid-19 Testing by appointment only M – Sat

Downtown Boise, Inside Women's Health Associates 333 N 1<sup>st</sup> St, Suite 240

8 am to 4 pm M – Th, 8 am to 3 pm Fri

Meridian, Inside Women's Health Associates 3090 E. Gentry Way, Suite 210

8 am – 12 pm, 1 pm – 4 pm, M – Th. 8 am – 12 pm, 1 pm – 2 pm F

Nampa, Patient Service Center, 314 2<sup>nd</sup> Street South

8 am – 1 pm M - F

[www.labcorp.com](http://www.labcorp.com)

Boise 6086 Emerald St., 208-322-3086

8 am – 12 pm, 1 - 4:30 pm M – F

Meridian 1965 S. Eagle Road Suite 130, 208-888-6535

8 am – 12 pm, 1 pm – 5 pm M – F

[www.questdiagnostics.com](http://www.questdiagnostics.com)

3355 E Louise Dr, Suite 150, Meridian 208-605-3751

7:30 am – 4:30 pm M – F

## Locations for Blood Draws, continued

[www.treasurevalleylab.com/](http://www.treasurevalleylab.com/)

<b>Name</b>	<b>Address</b>	<b>Phone</b>	<b>Hours</b>
Broadway Patient Service Center	50 South Broadway, Ste A Boise, ID 83702	P: (208) 385-0047 F: (208) 344-0810	M-F 7:30 AM – 12:00 PM 12:30 PM – 4:00 PM
Curtis Patient Service Center	1000 N, Curtis Rd, Suite 100 Boise, ID 83706	P: (208) 377-1499 F: (208) 377-1583	M-F 7:00 AM – 12:00 PM 12:30 PM – 4:00 PM
Eagle Patient Service Center	323 East Riverside Drive Eagle, ID 83616	P: (208) 367-5335 F: (208) 367-5332	M-F 7:00AM – 12:45 PM 1:15 PM – 3:30 PM
Meridian Health Plaza	3025 W Cherry Lane Meridian, Idaho 83642	P: (208) 367-8561 F: (208) 367-8777	M-F 7:00 AM -5:00 PM
Nampa 12th St Patient Service Center	1510 12th Ave. South, Ste 200 Nampa, ID 83686	P: (208) 302-6845 F: (208) 302-6832	M-F 7:00 AM – 12:30 PM 1:00 PM – 4:00 PM
Idaho Falls Patient Service Center	2001 S. Woodruff Suite 14 Idaho Falls, ID 83404	P: (208) 522-2124 F: (208) 542-4527	M-F 8:00 AM – 4:30 PM
Ontario Patient Service Center	840 SW 4th Ave Suite 105 Ontario, OR 97914	P: (541) 881-2560 F: (541) 881-2522	M-F 8:00 AM - 1:00 PM 1:30 PM - 4:30 PM

### **Instructions for Blood Draw Stations:**

Bill patient insurance or patient directly. BNHC does not collect for labs.

FAX RESULTS TO 208-422-9957