

Omega-3 DHA Blood Test



Testing Omega-3 DHA in Third Trimester

More than 20,000 studies have been conducted reviewing the effect of Omega-3 Essential Fatty Acids on human health, and the vast majority show positive effects. Docosahexaenoic acid (DHA) is one of the most biologically active forms of omega-3 fatty acids. DHA is the critical component of cell membranes in the brain and retina, where it is involved in neural and visual function as well as neurotransmitter metabolism. The accumulation of DHA begins in utero and is derived predominantly through placental transfer. Observational and interventional studies show a significant association with prolonging gestation and reducing the risk of preterm delivery both in low-risk and in high-risk pregnancies. Higher maternal DHA intake both in pregnancy and lactation is associated with positive infant neurodevelopmental outcomes. Several main stream organisations including the European Food Safety Authority and the World Health Organisation endorse omega-3 supplements for expectant and lactating mothers.

Omega-3 Fish Oil and Pregnancy: Dosage Recommendations

ISSFAL (the International Society for the Study of Fatty Acids and Lipids) has established a recommended minimum dosage chart:

Pregnant and Lactating Women: 300 mg DHA daily

How to collect your sample for Omega-3 DHA in Third Trimester

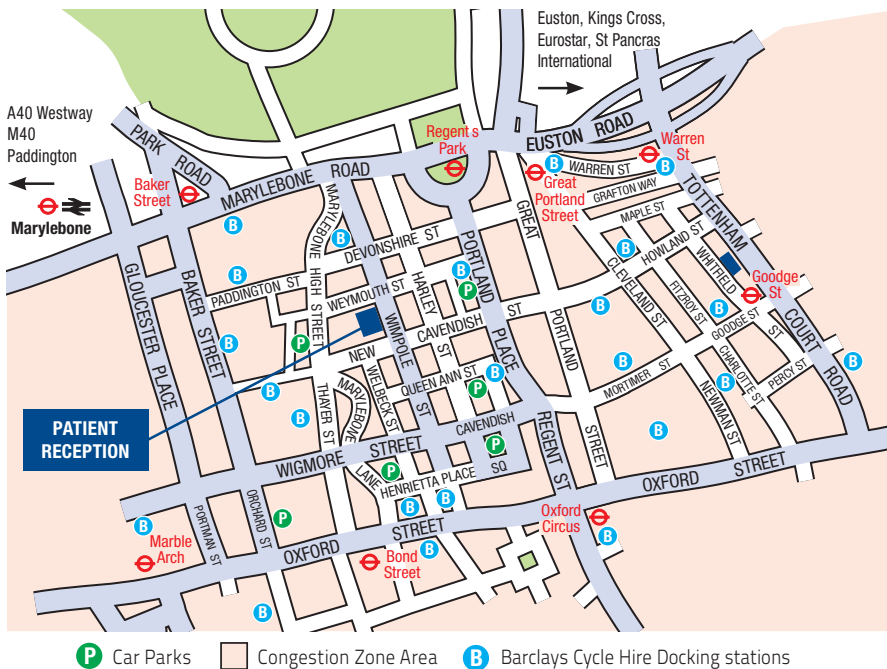
Testing for Omega-3 DHA during third trimester requires a blood sample. This pack contains two different options for collecting your sample. You can collect your sample by yourself at home following the instructions for the finger prick blood sample, using the TDL TINY SAMPLE. Alternatively, you can take the pack with the blood tube to your GP, GP's Nurse, Midwife, or Private Clinic/Hospital where there will be healthcare worker experienced in taking blood samples. A sample taking fee may be charged for this service.

You are always welcome to attend Patient Reception at The Doctors Laboratory.

Please bring your pack with you to **The Doctors Laboratory, Patient Reception, 55 Wimpole Street, London, W1G 8YL.** Tel: 020 7307 7383.

It is not necessary to make an appointment. TDL provide a walk in sample taking service during the following times:

Monday to Friday: 7.00am – 7.00pm Saturday: 9.00am – 5.00pm



For either option, please make sure you complete and enclose your **REQUEST FORM**.

Please ensure that the blood tube in the pack is labelled with your name and date of birth, and returned to the protective packing wallet. Ensure that the Payment Section is enclosed with your samples before sending to The Doctors Laboratory.

If you are posting your sample any Royal Mail post box in the UK, Northern Ireland, and Channel Islands may be used. For samples collected outside the UK your doctor or laboratory will provide instructions for the return of your sample.

For further information, please contact:

The Doctors Laboratory, 60 Whitfield Street, London W1T 4EU

Tel: +44 (0)20 7307 7373 E-mail: tdl@tdlpathology.com Website: www.tdlpathology.com

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