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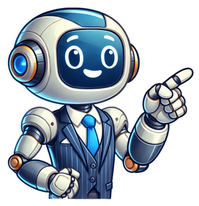

Blood type home test

Image not available forColour: To view this video download Flash Player Your health, expertly explained Go beyond the numbers Get ready to elevate your health understanding with a personalised doctor's report. Go beyond results and tap into expert insights tailored just for you.Actionable adviceExpert supportTailored recommendations Many of our customers who bought this product also bought one or all the products listed below. The test is accurate and will detect the common blood grouping system A,B,O,AB and Rhesus(D). Unusual blood groups or rare sub-types will not be detected by this method. Further investigation by a blood transfusion laboratory will be necessary to identify such groups. Please note: This test should not be used to determine blood type for transfusion purposes. Test contents: Instruction leaflet Blood group test card x 1 (inside foil pouch) Blood group result card Lancet Plastic pipette Alcohol swab x 2 Applicators x 4. Precautions: The card can only be used once Do not use this test if the foil pouch has been opened Perform test at room temperature Instructions for use: Instructional Video on How to carry out your Blood Type Test Read the entire instructions before carrying out the test. Ensure the applicators (eldonsticks) are only used for stirring and spreading the blood. You may find this test easier to carry out if you have a friend or family member assist you. Wash your hands before carrying out the test and again after carrying out the test. Open the foil pouch containing the test card. Place the card on a table or flat surface. Lay out the applicators (eldonsticks) ready for use. Fill a small cup with tap water and using the plastic pipette, draw a small volume of the tap water into the plastic pipette. You draw the water by simply holding the small, thin end in the water and squeezing the top part. With the test card still on a flat surface release one drop of water onto each of the coloured reagents spots on the EldonCard. Twist off the little green protective cap from the lancet. Place the lancet upon a table. Wipe a fingertip with the alcohol impregnated tissue provided and allow it to dry. Place the lancet against the end of the finger and press the green body against your finger to release the needle. Massage the finger from the bottom to the top to encourage blood flow. Press the blood towards fingertip. Repeat pressing until a drop with a 3 to 4 mm (1/8 inch) diameter is seen. Transfer the blood to an EldonStick, approached from beneath the finger. Don’t smear the blood over the skin. Place the eldonstick with the drop of blood into the first circle. The blood should touch the water already present. Gently press the side of the eldonstick head against the card and stir in the water and blood mixture until the coloured dry material has dissolved. Repeat this procedure for the other 3 circles, making sure you use a new eldonstick for each circle. You should NEVER transfer liquid from one circle to another. Once all 4 circles are complete gently tilt the whole card vertically on its bottom edge and keep this position for 10 seconds. You will see the blood flowing slowly to the bottom of the circle. Repeat this procedure tilting the card on the 3 other sides. As soon as you have finished tilting read and record the results immediately. See the table below for how the results are interpreted. For more detailed information on blood and blood grouping click here. Browse our full range of home health testing kits. For full UK instructions on how to use these tests click here. For full USA instructions on how to use these tests click here. We include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here’s our processYour blood type is determined based on specific antigens present in your blood. You can find out your blood type by asking your doctor for a test, donating blood, or taking an at-home blood test.Your blood type is comprised of two blood groups: ABO and Rh.Blood types are based on antigens on the surface of your red blood cells. An antigen is a substance that triggers an immune response by your body against that substance.Read on to learn more about how to find your blood type and what it means.The presence of specific antigens designates ABO blood types:Type A has the A antigenType B has the B antigenType AB has both the A and B antigenType O has neither the A nor B antigenOnce your ABO blood type has been determined, it can be further defined by identifying the Rhesus (Rh) factor: Rh-positive. If you have Rh antigens on the surface of your red blood cells, you have Rh-positive blood. Rh-negative. If you don’t have Rh antigens on the surface of your red blood cells, you have Rh-negative blood.By including the Rh factor, the 8 most prevalent blood types can be identified: A+ or A-, B+ or B-, AB+ or AB-, and O+ or O-.A phlebotomist (someone trained to draw blood) will use a needle to draw blood from your arm or hand at your doctor’s office, a clinical laboratory, or a hospitalThe typical method for typing blood involves two steps: forward typing reverse typingThe first step is called “forward typing.” Your blood cells are mixed with antibodies against type A and B blood, and the sample is checked to see whether the blood cells stick together (agglutinate).If blood cells stick together, it means your blood cells reacted with one of the antibodies. For example, if your blood cells agglutinate when mixed with antibodies against type B blood (“anti-B antibodies”), you have type B blood.The second step is called “back typing” or “reverse typing.” The liquid part of your blood without red blood cells (serum) is mixed with blood cells that are known to be type A and type B. People with type A blood have antibodies against Type B blood (“anti-B antibodies”) in their serum, and those with type B blood have antibodies against Type A blood (“anti-A antibodies”) in their serum. Type O blood contains both anti-A and anti-B antibodies. So, for example, if agglutination occurs when your serum is mixed with type B blood cells, you have type A blood.ABO testing should include both forward and reverse typing. The result from forward typing is the patient’s blood type. Reverse typing is a cross-check for forward typing and provides confirmation of results.Next, your blood will be mixed with an anti-Rh serum. If your blood cells respond by clumping together, you have Rh-positive blood. In at-home blood typing tests, they typically ask that you prick your finger with a lancet and put drops of your blood on a special card.After putting the blood on the card, you can observe the areas where blood clumps or spreads out, and then match those reactions to an included guide.Some home testing kits have vials of fluid for your blood, as opposed to a card. Purchase an at-home blood typing kit here.One way to find out your blood type is to donate blood.If you donate to community blood supplies, ask the staff if they’ll be able to tell you your blood type. Many donation centers are able to provide that information.Typically, you won’t get your blood type immediately and may have to wait a few weeks, as blood isn’t commonly tested right away.About 80 percent of people secrete blood group antigens in other bodily fluids, such as saliva, mucus, and sweat. This group of people is referred to as secretors.Secretors can have their blood type determined by a saliva or other body fluid test. Blood typing kits using saliva are available online, but they’re typically more expensive.Using one of the kits, you’ll first learn whether you’re a secretor. If you are, then you’ll be able to determine you ABO blood type.There are a number of ways you can determine your blood type, including:visiting your doctorgoing to a hospital or clinical laboratory that tests blooddonating bloodgetting a home testing kitIf you’re in the category of people who secrete blood-group antigens in other body fluids, you may be able to find out your blood type without having blood drawn. Technological advances and a growing awareness of the importance of self-care have made at-home blood tests increasingly accessible in recent years. At-home blood tests—which allow you to monitor your health without visiting a doctor’s office or laboratory—use a simple finger prick to collect a small blood sample which is then sent to a lab for analysis, similar to many physician-ordered blood tests. The results are often delivered through an online platform or mobile app. At-home tests have already changed the health care landscape and will likely continue to do so in the coming years. However, some tests are superior to others. Read on to learn more about the best at-home blood tests on the market and what they offer in terms of convenience, speed and affordability. At-home blood tests are self-administered tests that can be done in the comfort of your own home. These tests typically require a small blood sample, which you can collect using a finger prick similar to those used to check blood sugar levels or hemoglobin A1c. After collecting your blood sample, you’ll typically send it to the designated lab for analysis and wait for the results. Depending on the test and company, results may take between two and 14 days. Most at-home testing companies deliver your results via a secure online portal you can access with a unique login and password. The Purpose of At-Home Blood Tests “At-home testing kits are valuable tools for screening several conditions conveniently outside traditional healthcare settings,” says Donald Karcher, M.D., president of the College of American Pathologists and professor at the Department of Pathology at George Washington University Medical Center. Many companies offer comprehensive panels that include tests for vitamin and mineral deficiencies, hormone imbalances, inflammation, allergies and other common conditions. At-home blood tests can provide insights into your health and may also help monitor conditions that might require routine testing or treatment, like diabetes. Additionally, these tests may be convenient for those with limited access to care, such as those living in rural areas or who lack reliable transportation to and from in-office appointments. However, it’s important to note that at-home blood tests shouldn’t replace comprehensive medical exams or in-person care. While these tests may provide health insights, they aren’t designed to interpret complex health issues, provide diagnoses or determine treatment. Additionally, there’s not enough scientific evidence available to determine these tests’ true accuracy and reliability, especially compared to traditional testing done by an experienced phlebotomist (a medical professional trained to draw blood). Always talk to your doctor about your health concerns and have them review your results to provide further explanation and guidance. “These tests are particularly helpful for monitoring blood sugar levels in diabetes and looking at cholesterol levels, determining thyroid gland function and detecting infections like COVID, flu, HIV or hepatitis,” explains Dr. Karcher. Some common at-home blood tests include: Cholesterol and lipid panel: Measures total cholesterol, LDL, HDL and triglyceride levels Hemoglobin A1c: Measures average blood sugar levels over the last three months Thyroid panel: Measures thyroid hormone levels, including TSH, T3 and T4 Vitamin deficiencies: Checks for low levels of certain nutrients in the body Hormone panel: Measures various hormones such as testosterone and estrogen Allergies or intolerances: Identifies sensitivities to food or environmental allergens Sexually transmitted infections (STIs): Screens for common STIs, such as chlamydia and gonorrhea Fertility panel: Measures hormones that affect fertility in both men and women A certain test may measure one or a dozen different markers for that particular condition or concern. The best at-home blood tests explain each marker’s meaning and how it may impact your health. These products were reviewed and approved by Niraj Patel, D.O, a Forbes Health Advisory Board member. Many companies that offer at-home blood tests utilize Clinical Laboratory Improvement Amendments (CLIA) or College of American Pathologist (CAP)-certified labs to process samples. This means that the labs that process at-home blood test samples must adhere to certain guidelines and standards for training, equipment, quality control and result interpretation. Purchasing an at-home blood test from a company that utilizes CLIA or CAP-certified labs can increase the likelihood of receiving accurate results. However, more research is needed to get a better understanding of the accuracy and reliability of home-based testing. Consider the following pros and cons before opting for an at-home blood test: Pros Convenience: At-home tests allow you to collect and return your sample based on your schedule without making appointments or visiting a lab in person. Privacy: Some people may feel more comfortable performing tests in the privacy of their home rather than in a doctor’s office. Cost-savings: At-home tests may be cheaper than paying out-of-pocket for a doctor’s visit and lab work. However, many insurance companies cover or pay a portion of lab testing at in-network facilities. Check with your insurance provider for coverage options. Health insights: At-home blood tests may offer a look into your overall health and help monitor conditions that require ongoing care. Cons: False positives or negatives: At-home blood tests aren’t 100% accurate and may sometimes provide inaccurate results, leading to unnecessary stress or incorrect self-diagnosis. Limited diagnostic capabilities: Home tests only screen for certain conditions or abnormalities and may not be able to detect more serious health issues, according to Dr. Karcher. Additionally, many tests don’t come with follow-up support or guidance on what to do with the results. Lack of personal interaction: Home testing doesn’t offer the same level of personalization as in-person care. A thorough look at your health history, genetics and lifestyle factors can provide a more comprehensive understanding of your health, which is best done at a doctor’s office. Potential for user error: At-home blood tests require proper collection and shipping, says Dr. Karcher. This is challenging for some and can lead to incorrect results or the need for a retest. How reliable an at-home blood test is depends on the quality of the test kit and how the sample is collected. Factors like contamination, improper storage or inability to follow instructions can lead to false or inaccurate results, according to Dr. Karcher. Carefully read your test kit’s instructions and return the sample within the specified time frame. There isn’t one specific blood test better than others, as different tests screen for different markers and conditions. A general wellness panel, such as a complete blood count (CBC) or basic metabolic panel (BMP), provides an overview of your blood cell production, fluid and electrolyte levels and organ function. A CBC or BMP are often “first line” tests for identifying underlying health issues like anemia or diabetes but don’t offer a complete look into your overall health. Your symptoms and health history should be considered when choosing a test. The purpose of at-home blood testing is to check for many common conditions, such as diabetes, viral and bacterial infections, anemia, and some types of cancer. These tests can help you and your medical provider monitor your overall health, as blood tests are widely used as part of an overall preventative health screening strategy. What do the tests measure? At-home blood tests can be used for a variety of reasons. For example, you can do a Complete Blood Count (CBC) test, or you might want to do a broad-spectrum blood test that’s geared towards men and includes total testosterone, vitamin D, and cholesterol. Other examples of blood tests include Hemoglobin A1C ZRT, a rheumatoid arthritis test, or blood tests that check various biomarkers linked to cardiovascular health. How do at-home blood tests work? If you’ve ever seen someone with diabetes do a fingerprick to check their blood sugar, then you have a good idea of how at-home blood tests work. Many types of blood tests only require a couple of drops of blood, making it possible to collect your own samples at home. When you order an at-home blood test, you’ll usually be sent a kit that contains everything you need to get your blood sample, and to ship back your specimen so that it remains safe and sterile. You’ll get a lancet to take the blood, and some sort of strip or small container to collect the blood drops. All blood tests might have different specifications or directions, so be sure to follow instructions carefully. For example, you may have to fast for some, or send back the sample ASAP. Once the provider receives your sample, your blood will be tested and you’ll receive some type of report either online, via app, or in the mail. Which at-home blood test should you choose? The blood tests we selected are just as effective as the tests you’d do in-person at a medical clinic, lab or hospital. All these home test kits come complete with everything you need, including a comprehensive step-by-step guide to ensure your sample is collected correctly. As long as you follow the instructions that come with your kit, you can expect the same results you’d get if you did the same test in a traditional setting since these tests are processed in CLIA-certified medical labs. At-home blood testing is different from being tested for by a medical professional. Benefits of at-home testing include: Convenient: At-home blood testing eliminates all those office and lab visits, User-friendly: Test kits are designed to simplify the testing process, often providing detailed instructions and pre-paid labels to mail samples to a laboratory. giving you the ability to order your own tests, with results delivered to you in as little as a few days. Upfront pricing: Testing companies often provide clear pricing for at-home blood tests. There are usually no unexpected fees for at-home tests. Downsides of at-home testing include: User error: You could also contaminate the sample if you don’t follow the directions exactly. Or, if you have calloused fingers, it could impact your ability to get a sample. Testing options may be limited: Not all blood tests work with just a fingerprick amount of blood. Not good for kids: Many at-home blood tests are for adults only. To compile our list of the best at-home blood tests, we carefully researched dozens of companies and tests to find the best combination of cost, turn-around time, and ease of use. Methodology At-home blood tests were reviewed based on value, convenience, and availability of tests. We also considered the services available, certifications and lab safety, and professional support. These overall factors are based on data including price, insurance acceptance, comprehensiveness of tests, and how quickly you can get results and speak to a doctor. Blood test selections have been screened by Testing.com’s Medical Review Board. Best Overall At-Home Blood Test Labcorp Complete Blood Count Price: $29 Type: In-person Sample: Blood Tests for: Full blood count Results timeline: 1 business day after sample analysis is complete The Labcorp Complete Blood Count (CBC) is a wallet-friendly option for anyone seeking insights into their blood health. A full panel includes counts for the following: Red blood cells (erythrocytes) White blood cells (leukocytes) Hemoglobin Hematocrit Platelets Immature granulocytes Monocytes Lymphs Neutrophils Immature cells Eosinophils Basophils Mean corpuscular volume, mean corpuscular hemoglobin, and mean corpuscular hemoglobin concentration Red cell distribution width All of these levels can be checked with a single blood sample drawn at your nearest Labcorp testing facility,. No special preparations are needed prior to the test. Most people receive their results one day after their sample has been fully analyzed. Labcorp does not allow insurance as payment, but FSA and HSA funds are accepted. Generally, results from at-home blood testing show various levels. Because the blood comes from blood vessels in your extremities, the tests are not invasive, but still adequate for getting usable blood samples. Labs then process the samples and offer a detailed report to help you decide if follow up is needed with a physician. Talking to your doctor is the best way to understand what a blood test result means for your health. Important considerations related to the results of at-home blood testing include: Some tests require follow-up: If your levels are outside of the normal range, at-home tests may require follow-up with a medical professional. Instructions need to be followed to the letter: Every blood test is different, so pay attention to if you need to fast, how to store your sample and how quickly it must be sent back. Testing may cause anxiety: Getting the results of at-home blood testing can cause anxiety. Consider reaching out to your doctor, a mental health professional, or a support organization to get support for the emotional impacts of testing. Download Article Painless ways to tell your blood type for medical or personal reasons Download Article Can’t figure out your blood type? You’re not alone! It’s estimated that about one-third of people don’t know their own blood type. Maybe you’re trying to figure it out for medical reasons, such as a transfusion. Maybe you need the information to get an international visa. Maybe you’re just curious and want to learn more about your own body. Whatever the reason, there are numerous ways you can find out what blood type you have. Keep reading and we’ll give you multiple methods to determine your blood type quickly and easily! 1 Use Punnett Squares. Ask your biological parents for their blood type. If both your parents know their blood type, you can input their information into Punnett Squares or a blood type calculator to calculate what your blood type might be. While, in most cases, this method will only be enough to guess, knowing’ your parents’ blood types helps narrow down your options to a few distinct possibilities.[1] The calculator isn't always right. Don't just say immediately "Okay I'm B-" or "That's it, I'm AB+". Punnett squares use alleles to predict the probability of inheriting each of your parents’ blood types. There are 2 types of alleles: the dominant alleles IA and IB, and the recessive allele i. If your blood type is O, you have an ii genotype. If your blood type is A, your phenotype is either IAIA or IAi. If your blood type is B, your phenotype is either IBIB or IBi. And if your blood type is AB, your phenotype is IAIB. Figuring Out Your Blood TypeO parent x O parent = O childO parent x A parent = A or O childO parent x B parent = B or O childO parent x AB parent = A or B childA parent x A parent = A or O childA parent x B parent = A, B, AB or O childA parent x AB parent = A, B or AB childB parent x B parent = B or O childB parent x AB parent = A, B or AB childAB parent x AB parent = A, B or AB childBlood types also include an "Rh factor" (+ or -). If both of your parents have an Rh- blood type (such as O- or AB-), you are also Rh-. If one or both of your parents are Rh+, you cannot tell whether you are + or - without a test. 2 Ask a doctor who has drawn your blood before. If your physician already has your blood type on file, then you just need to call and ask for this information. However, they will only have your record on file if you've already had your blood drawn and/or tested. Common reasons why you may have already had your blood type tested include: pregnancy, surgery, organ donations, and previous blood transfusoins.[2] Knowing your blood type can be extremely helpful in case of an emergency. Should a health crisis happen and you need an immediate blood transfusion, you can save precious time by knowing what blood types are compatible with your own. Our blood types are determined by the sugars and proteins on our bodies called antigens. These antigens determine if we’re type A, B, O, or AB, and they fight off foreign antigens to keep our immune systems healthy. This is why certain blood types are incompatible. The existing blood type’s antigens will create an autoimmune response against them called an ABO incompatibility reaction.[3] Another type of antigen is called the Rh (Rhesus) protein (named after the Rhesus monkey whose blood was tested). Being “Rh positive” means you have this special type of protein on the surface of your red blood cells. It’s estimated that 35% of the population is type O+, 14% is O-, 30% is A+, 8% is A-, 8% is B+, 2% is B-, 2% is AB+, and 1% is AB-.[4] Advertisement 3 Use a blood typing kit. Skip the hassle of a doctor visit and determine your blood type at home by purchasing a blood typing take-home kit online or from your local pharmacy. To figure out your blood type using these kits, dampen various labeled patches on the kit’s special card. Then, prick your finger and add a little blood to each patch. Note which patches (or vials of fluid, in some kits) cause the blood to clump (agglutinate) instead of spreading out. This clumping is a reaction that can be used to determine your blood type. Once you've completed the test with all cards or fluids, look up your blood type using the kit instructions.[5] If you don’t want to draw any blood to determine your blood type, certain websites have kits available that use saliva instead. Keep in mind that any blood test conducted at home is less reliable than a test performed by a professional. Using a Blood Typing KitCheck the "Anti-A" and "Anti-B" patches for clumps: If you have clumps exclusively in the Anti-A patch, it means you have type A blood. If you have clumps exclusively in the Anti-B patch, it means you have type B blood. Clumps in Anti-A and Anti-B patches means you are type AB blood.Check the "Anti-D" patch: Clumps in this patch mean you are Rh positive. If you have a clump in this patch, add a + to your blood type. If you have no clumps, add a - to your blood type.Clumping in control patch? If the control patch (normal paper) causes clumping, or if you are not sure whether the blood is clumping on any patch, try another card.[6] Advertisement 1 Get a blood test from your doctor. If your doctor doesn't have your blood type on file, you can ask to get a test done. First, call or visit your doctor's office and schedule an appointment for blood work. Check to see if you need to make any preparations for the day of your test (such as avoiding medications or eating/drinking). Then, arrive at your doctor’s office and let the doctor or nurse draw your blood.[7] When you call, try saying something like, "I want to find out what my blood type is. Would it be possible for the doctor to order a blood test to check my blood type?" 2 Get a blood test at a health clinic. If you don't have a primary care physician, then you can have a blood test done at a low or no-cost health clinic. Find the contact information of the nearest clinic in your area and schedule an appointment for a blood test. Some clinics even take walk-ins.[8] Call ahead first to see if blood tests are a service that your local health clinic offers. 3 Donate blood. Give a blood donation to find out your blood type and help other people at the same time! Find a local donation center or wait until your school, church or community center hosts a blood drive. When you go in, ask the staff if they can tell you your blood type. Your blood is typically not tested right away, so it can take up to a few weeks for them to mail or call you with the result.[9] Things to Know Before Donating BloodEligibility requirements: To donate blood, you must be at least 16 years old (in most states), in good health, and you must weigh at least 110 pounds (50 kg). Medications, low iron levels, and recent travel to foreign countries can also disqualify you from donating. You also cannot have donated blood within the last 56 days.[10] Call ahead: Call the blood donation center ahead of time to make sure that you meet these requirements. 4 Visit a blood service center if you live in Canada. Blood service centers usually provide people with free resources for getting their blood tested and finding out their type. Visit the official Canadian Blood Services website to find out where the next "What's Your Type?" event is taking place. These are regular promotional events hosted in the community. Results are instant and you will find out how common or rare your blood type is, who you can receive from, and who you can donate to. You will learn both your ABO blood group, as well as your positive or negative Rhesus factor.[11] Advertisement Add New Question Question If you have a RH-negative blood type, can you get a transplant from someone with B+ blood? Sarah Gehrke, RN, MS Registered Nurse Sarah Gehrke is a Registered Nurse and Licensed Massage Therapist in Texas. Sarah has over 10 years of experience teaching and practicing phlebotomy and intravenous (IV) therapy using physical, psychological, and emotional support. She received her Massage Therapist License from the Amarillo Massage Therapy Institute in 2008 and a M.S. in Nursing from the University of Phoenix in 2013. Blood transfusions and tissue transplants have different requirements. In general, Rh-negative blood is given to Rh-negative patients, while either Rh-positive blood or Rh-negative blood may be given to Rh-positive patients. For example, a kidney transplant requires blood typing, tissue typing, and cross-matching. You can see more here: Question What blood type do mosquitoes bite the most? Sarah Gehrke, RN, MS Registered Nurse Sarah Gehrke is a Registered Nurse and Licensed Massage Therapist in Texas. Sarah has over 10 years of experience teaching and practicing phlebotomy and intravenous (IV) therapy using physical, psychological, and emotional support. She received her Massage Therapist License from the Amarillo Massage Therapy Institute in 2008 and a M.S. in Nursing from the University of Phoenix in 2013. Currently, studies about blood groups and mosquito feeding habits are superficial. Researchers haven't found a definitive causal relation between blood group and mosquito bites. Ask a Question Advertisement Thanks Advertisement This article was medically reviewed by Sarah Gehrke, RN, MS and by wikiHow staff writer, Finn Kobler. Sarah Gehrke is a Registered Nurse and Licensed Massage Therapist in Texas. Sarah has over 10 years of experience teaching and practicing phlebotomy and intravenous (IV) therapy using physical, psychological, and emotional support. She received her Massage Therapist License from the Amarillo Massage Therapy Institute in 2008 and a M.S. in Nursing from the University of Phoenix in 2013. This article has been viewed 5,358,871 times. Co-authors: 107 Updated: November 6, 2024 Views: 5,358,871 Categories: Featured Articles | Blood Tests Print Send fan mail to authors Thanks to all authors for creating a page that has been read 5,358,871 times. "I am being evaluated for a kidney transplant. Keeping my blood pressure under control is vital and I often struggle even with medication. The article on how to lower it without medication caught my eye. I just printed it and will take it home to review."..." more Share your story