

# Getting your lab work done

Your doctor says you need blood work or other lab tests. What do you need to do next?

- You can get your lab tests done within the valley and you can call your community's clinic to book your lab tests.
- Tell the doctor or clinic receptionist which lab you'd like to visit. There are two labs in Terrace: LifeLabs and Mills Memorial Hospital. If you do not want to do your lab tests in the valley or you're doing a special test that is only available in Terrace, you may book at one of the two places in Terrace mentioned above.
- The clinic will fax the requisition form to the lab. This can take up to two business days to process.
- Wait a couple of days and then phone the lab to set up an appointment or learn about drop-in options.

## LifeLabs

**Phone:** 1-800-431-7306

## Mills Memorial Hospital Lab

**Phone:** 250-638-4041

**Opening hours/make an appointment:** <https://www.northernhealth.ca/services/hospital-services/lab-services/lab-locations#terrace-mills-memorial-hospital>

It is important that you get your lab work done. Please follow up, and ask for help from the clinic if needed!



**Nisga'a Valley  
Health Authority**