

I'm not a bot















## Test for blood type at home

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. When you think of medical information you probably don’t immediately consider your blood type. However, more than 1-in-3 Americans don’t know their blood type. This can put you in danger, especially if you’re in a medical emergency where you require a blood transfusion. Along with emergencies, your blood type also has a huge impact on your health affecting everything from heart health, to a predisposition for conditions like type 2 diabetes. Two years ago, I was filling out an application to volunteer at a children’s hospital and on the form, I was asked to provide my blood type. Luckily, I knew that I’m type O-positive, but I wanted documentation to confirm this information. I called my mom to see if blood type is listed on my birth certificate – no luck. I checked my physician’s health portal – also no luck.This got me wondering: How does someone discover their blood type if they don’t already know it? The good news is that finding out your blood type is relatively simple, and you have options. Below are three easy ways to find out your blood type. Blood type basics Blood type is categorized into one of these eight groups: A-positive, A-negative, B-positive, B-negative, O-positive, O-negative, AB-positive and AB-negative. But what determines blood type and what does that blood type mean?Blood types are determined by antigens – a substance that triggers an immune response – on the surface of red blood cells. There are ABO antigens, which designate ABO blood types. This is determined by the ABO gene. For example:Type A blood type has the A antigenType B blood type has the B antigenType AB blood type has both the A and B antigenType O doesn’t produce any A or B antigenThere are also Rhesus (Rh) antigens, which determine if blood is “positive” or “negative.” If you have Rh proteins on the surface of your red blood cells, you are Rh positive. If you don’t have Rh proteins on the surface of your red blood cells, you have negative blood. Blood type is categorized into one of these eight groups: A-positive, A-negative, B-positive, B-negative, O-positive, O-negative, AB-positive and AB-negative. How to find your blood type?Here’s three main ways to type your blood:Have your doctor do a blood test Donate bloodUse an at-home blood test1. Clinical testOne of the easiest and most effective ways to determine your blood type is to have your doctor perform a test. A professional will draw blood and then perform two tests on the blood sample: forward typing and reverse typing. During forward typing, the blood sample is mixed with antibodies against type A and B blood. Based on whether the blood cells stick together when mixed with the antibodies, your blood type can be determined from there. If your blood cells stick together when mixed with antibodies against type B blood, you have type B blood. If your blood cells stick together when mixed with antibodies against type A blood, you have type A blood.To confirm the result, the next step is reverse typing, meaning the blood sample without red blood cells – called a serum – is mixed with type A and type B blood cells. Type A blood will have antibodies against Type B blood in the sample and type B blood will have antibodies against Type A blood. Type O blood will contain antibodies against Type A and Type B. So, if sticking occurs when the serum is mixed with type B blood cells, you have type A blood, and if sticking occurs when the serum is mixed with type A blood cells, you have type B blood. I recommend calling your doctor’s office to see what a blood type test costs out-of-pocket and if it’s covered by insurance. 2. Donate bloodThis is an easy – and free – way to determine blood type, but results are not immediate. If you donate to a blood drive, you can simply ask the staff about your blood type. Blood usually is not tested right away, so it may take up to a few weeks to get the results. With at-home kits, you can determine your blood type in just a few minutes. 3. At-home blood testAt-home tests are relatively straightforward. You will usually start by wiping your finger with an alcohol wipe and then be required to prick your finger with a disposable lancet to draw blood. Then, you will wipe blood on the provided card. Depending on how the blood dries, clumps or spreads, you will be able to compare your blood stain to a results card. Within minutes, you’ll be able to determine your blood type. For more, try these seven methods for sneaking more exercise into your daily routine. Zoylo app is a revolutionary online health care app that connects users to the entire spectrum of medical services under one roof. Users can order medicines online, book doctor appointments, blood tests, consult doctors online and more at most affordable prices and in a hassle-free manner. Here is how Zoylo App helps you:★ Order medicines online at affordable prices & free home delivery\*★ Health Products for your wellbeing. Order from a huge variety of personal care products, ayurvedic medicines, health care devices & more.★ Book blood tests with home sample collection or visit the imaging centers near you for X-ray, MRI test, USG scan etc.★ Book an appointment with any specialist doctor from general physicians, dermatologists, pediatricians, gynaecologists to oncologists.★ Consult a doctor online to have answers to your health queries or to take a second opinion. All this, while maintaining the privacy.★ Maintain digital health records and access your medical reports anytime anywhere★ Order Medicines OnlineLooking for medicine refill? Need regular medicines for diabetes & BP or looking for OTC medicines?Zoylo App takes care of all your medicine buying needs. Choose from 80,000+ listed medicines from reputed brands that are 100% genuine. Get medicines delivered at home. Save 25% on every medicine order.★Online Lab Test BookingBook your diagnostic lab tests online across a number of licensed and accredited diagnostic labs in your city. Choose the nearby diagnostic lab from across 600+ locations in India. The listed labs cover all major pathology tests and packages including Thyroid test, CBC test, HbA1c, T3 T4 TSH, Vitamin D, B12 tests & radiology tests like MRI, USG scan, CT scan, X-ray & more.Free sample collection from home adds to the customer convenience. Test reports are available online & can be accessed on the go.★Online Doctor ConsultationToo busy to visit a doctor? Need a second opinion on a health query privately?Save your time with online doctor consultation and get treated from the best of doctors across the country. Check the profile and availability of doctors, schedule an appointment at your convenient time while maintaining all the privacy you deserve. Check out our offers on online doctor consultation.★Find Doctors Nearby & Book an Appointment Down with a fever or looking for a dentist in your locality, finding the right doctor can be a challenge. With a wide network of verified doctors, health care specialists from neighbourhood clinics and top hospitals, we help you book instant doctor appointments on the Zoylo healthcare app.You can also check the doctor’s profile in detail and read patient reviews to take the right decision. ★Value-Added Features of Zoylo App\* Complete health services under one roof\* Easy process to order medicines online\* Get timely appointment alerts & notifications\* Great offers and discounts on all healthcare services\* Electronic medical records (EMRs)\* Access across 600+ locations in IndiaAwards & Recognition\*ZOYLO APP: “The Best Healthcare App of the Year 2016” Awarded at “India Health and Wellness Summit 2016, New Delhi”. \*ZOYLO DIGIHEALTH: “Best Healthcare Start-up of the Year 2016” Awarded at “World Start-up Expo 2016”.About Zoylo: /twitter.com/zoylodigihhealth /zoylodigihhealth.blogspot.com/Download the app and get registered to avail the services instantly.Your suggestions and feedback on our app can help us deliver the best of services that connect to the need of masses.Get in touch with us at contactus@zoylo.com Download Article Download Article Knowing your blood type is useful in the event of an emergency surgery or a donation shortage. If you want to find out your blood type, you may not want to set up an appointment at your doctor’s office or a lab and have to wait days for the results. Instead, you can find out your blood type at home by purchasing a test kit, pricking your finger and adding the blood to the tester, and insurance. 1 Find a test kit online for the cheapest option. Most blood type test kits range between \$100 to \$200 per kit. Look online to see which kits are the most affordable and if they are coming from a reputable source. Try to buy test kits from a medical office so you know they are legitimate.[1] Take a look at who is sending out the test kit. If it is a hospital or a lab, it is most likely reputable. 2 Lay out the kit on a flat surface. Separate all of the contents of your kit and lay them out on a flat surface, like a table or a countertop. Make sure all of the items are within your reach and that you have all of the pieces that should be included with the kit.[2] Once you open up your test kit, you must use it within 24 hours or it may not be as accurate.[3] Tip: A standard kit includes instructions, alcohol swabs, a finger lancet or a small, sharp needle, multiple plastic applicator sticks, a plastic dropper, and a test card. Advertisement 3 Add a drop of water to each circle on the card. Use 1 of the plastic droppers to collect water from your sink. Add 1 single drop of water to each circle that is provided on the test card. Do not put multiple drops into 1 circle, or you could skew your results.[4] The water will help to dilute your blood and let the card read the results better. 4 Wipe your finger with an alcohol wipe. Choose a pointer finger on 1 of your hands that you will prick with the lancet. Use the alcohol swab provided in the kit to disinfect the tip of your finger and the surrounding area.[5] Swabbing your finger with alcohol removes any germs or bacteria that could skew your results. Advertisement 1 Prick the tip of your finger with the lancet provided in the kit. Place the open end of the lancet on the bottom of the tip of your finger. Hold your finger steady and press the lancet forward so that the needle presses into your skin. You may hear a click as the needle locks into place.[6] The needle is small enough that you will only feel a slight pinch. 2 Squeeze your finger to get a drop of blood on your fingertip. Gently pinch your finger in between your thumb and pointer finger of your other hand just below the area that you pricked. Squeeze your finger until a drop of blood rises to the surface of your finger.[7] Tip: If you are having trouble getting blood to come out, your hands may be too cold. Try massaging your hands to get the blood flowing. 3 Use 1 plastic applicator from the kit to transfer the blood to one of the circles. There are 4 plastic applicators provided in your test kit. The applicators look like small plastic sticks with a scoop on the end. Use 1 stick to collect blood from your finger and put it into 1 of the circles.[8] Keep your finger close to the test card so that you don’t have to move your applicator very far. 4 Add blood to each circle on the card using the other applicator sticks. Squeeze more blood from your finger and use the other 3 applicator sticks to apply blood to each circle. Only use 1 applicator stick per circle. Do not reuse the applicator sticks for multiple circles, or you could skew your results.[9] Keep the applicators in each circle that they correspond to so that you don’t mix them up. Advertisement 1 Swirl the blood and the water together using the plastic applicators. Use each applicator that goes with each circle to mix the blood and water droplets together. Do not use 1 applicator for multiple circles, or you could skew your results.[10] Keep the blood and water inside of the circles so that they don’t mix together. 2 Tilt the card from side to side for 10 seconds. Hold the card in the air without touching the blood and water in the circles. Slowly tilt the card away from you until it is vertical and hold it there for 10 seconds. Tilt the card toward you so that it is vertical facing the other way and hold it for another 10 seconds.[11] Tilt the card very slowly so that the liquids don’t fall off. 3 Compare your results with the key given in the test. Set the key card next to your test card. Look at the circles of blood and find the ones with agglutinations, or small specks, instead of smooth, watery blood. The key card shows options for each blood type and its corresponding agglutination pattern. Match up the patterns to your key card to determine what blood type you have.[12] Tip: If your blood had agglutinations in the control circle, it means that the test was invalid. Purchase another test or donate blood to find out your blood type. If you donate blood through the Red Cross, they’ll tell you your blood type.[13] Advertisement Ask a Question Advertisement Medically reviewed by: Doctor of Osteopathic Medicine This article was medically reviewed by Erik Kramer, D.O. MPH and by wikiHow staff writer, Hannah Madden. Dr. Erik Kramer is a Board-Certified Primary Care Physician at the University of Colorado. With over 15 years of experience, his clinical interests include obesity and weight management, diabetes care, and preventive care, as well as embracing a holistic approach to primary care. He received his Doctorate in Osteopathic Medicine (D.O.) from the Tuoro University Nevada College of Osteopathic Medicine and completed his residency at Central Maine Medical Center. Dr. Kramer is a Diplomate of the American Board of Obesity Medicine. This article has been viewed 33,181 times. Co-authors: 8 Updated: March 10, 2025 Views: 33,181 Categories: Blood Tests Medical Disclaimer The content of this article is not intended to be a substitute for professional medical advice, examination, diagnosis, or treatment. You should always contact your doctor or other qualified healthcare professional before starting, changing, or stopping any kind of health treatment. Print Send fan mail to authors Thanks to all authors for creating a page that has been read 33,181 times. "Makes sense. And it will be some day be useful to everyone." Share your story 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 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.