

## PREPARING FOR LABORATORY TESTS

Please observe the following general instructions before arriving at the laboratory for sample collection. If you have been unable to follow the instructions, please inform the medical professional collecting the sample.

Eating, physical exertion, stress, coffee, tobacco, alcohol, and medication (including natural products and vitamins) affect the results of your laboratory tests. **Avoid smoking, drinking alcohol, and physical exertion during the 24 hours before sample collection.**

Sit down for 15 minutes before the test to allow your circulation to stabilize.

### BLOOD SAMPLE

- EATING AND DRINKING ARE ALLOWED.** Before sample collection, you may eat a light breakfast and take your morning medication unless otherwise agreed with your treating physician. Drinking moderate amounts of water is allowed.
- FASTING; NO FOOD AND DRINK** 10–12 hours before sample collection. Do not eat anything on the morning of the sample collection day. You may drink only one glass of water, if needed. You may take your morning medication unless otherwise agreed with your treating physician. After the sample collection, you should eat something as soon as possible. Test referrals requiring fasting include a lower case letter f in the prefix of the test name (e.g. fS-Trigly).
- THE SAMPLE MUST BE TAKEN AT A CERTAIN TIME.** The sample collection for some laboratory tests is limited to a certain time of day in cases where the results deviate considerably depending on the time of day, (e.g. S–Korsol, S–Testo, fS-Fe, thyroid tests). Sample collection at \_\_\_\_\_ or sample collection in the morning / before noon at \_\_\_\_\_–\_\_\_\_\_
- THE SAMPLE MUST BE COLLECTED BEFORE MEDICATION.** Certain samples are collected in the morning before you take your medication. (E.g. for thyroid test S -T4-V and thyroxin medication, drug concentrations).

### URINE SAMPLE

- MIDSTREAM URINE SAMPLE (CLEAN-CATCH URINE, PLV).** Do not eat or drink during the night. You may drink a glass of water in the morning. You should not urinate for 4–6 hours before sample collection. Even if holding urine is difficult due to, for example, severe UTI symptoms, it should be attempted for as long as possible before collecting the sample.
- CYTOLOGICAL TEST FROM URINE (U –Syto-1).** Empty your bladder approximately 2 hours before sample collection and drink 0.5–1.0 litres of water. The sample is collected at the laboratory.

### SECRETION TESTS

- THROAT CULTURE.** Do not eat or drink half an hour before sample collection (this has a rinsing effect). Also avoid using mouthwash or other disinfecting products two (2) hours before sample collection.
- OTHER CULTURE TESTS.** Be prepared to let the medical professional know about any microbial drugs you take when culture tests (e.g. fecal and urine bacterial culture) are performed. This applies to both over-the-counter and prescription drugs.