



ENGLISH

LABORATORY TESTS PATIENT PREPARATION

SAMPLING TIME

Direct access or with reservation from **Monday to Saturday** from **7.00 to 9.30 am** excluding holidays.

Booking through the "**Salta la coda**" service on the Montecchi Hospital website

For the **oral glucose tolerance test**, it is advisable to present yourself **by 7.30 a.m.**

Children and pregnant women OAT patients come first.

Workers come first from 7.00 am to 7.30am

BLOOD DRAW

Fasting from 8-12 hours is required: it is allowed to drink water in limited quantities.

OAT (Oral Anticoagulant Therapy) patients can have a light meal/breakfast.

Do not take any medication before your blood draw unless otherwise instructed by your physician.

ORAL GLUCOSE TOLERANCE TEST (OGTT)

It is necessary to arrive to the Lab before 7.30 am. The test requires that you stay in the Lab at least 3 hours. After the first blood draw (basal), you must stay seated, without eating, drinking, until the next blood draws.

URINALYSIS

You must use the dedicated, sterile, disposable containers. It is possible to collect them at the laboratory.

Collect a sample of the first-time urination of the day, according to the following procedure:

- ❖ wash and dry carefully your genital area
- ❖ discard the first stream of urine
- ❖ collect the middle stream being careful not to touch the internal lid with your hands or fingers and then discard the last stream of urine.

URINE CULTURE

Stop taking antibiotics for at least 7 days.

Use the appropriate sterile disposable container. It is possible to pick it up at the laboratory.

Collect a sample of the first urination in the morning, according to the following procedure:

- ❖ wash and dry carefully your genital area
- ❖ discard the first stream of urine
- ❖ collect the following urine, being careful not to touch the container with your hands on the inside and discard the last stream of urine.



24 HOUR URINE COLLECTION

Collect the appropriate container for 24-hour from the laboratory, specifying the required 24-hour urine test

You must discard the first stream of urine, then you must collect in the container all the next urine in the 24 hour period, included the first time urinating of the next morning. If is it necessary you can use more than one container.

When the collection is concluded, bring all the containers to the Lab.

URINE CITOLOGY / BENCE JONES PROTEIN

You must use the dedicated, sterile, disposable containers It is possible to collect them at the laboratory.

Collect a sample of the SECOND time urinating of the day according to the following procedure:

- ❖ wash and dry carefully your genital area
- ❖ discard the first stream
- ❖ collect the middle stream being careful not to touch with your hands or fingers the internal lid and finally discard the final stream.

STOOL ANALYSIS

You must use a dedicated, small container with its small internal "spoon". It is possible to collect them at the laboratory.

Collect some feces samples (3-4 using the provided lid-spoon,) from different areas as to fill-up (max) half of the container.

Keep the container refrigerated until you bring it to the Lab (24-48 hours max).

If requested to collect multiple samples collect them from different, consecutive evacuations and send them to the Lab no later than 48 hours.

SCOTCH TEST

The *Enterobius vermicularis* (pinworms) is searched in the perianal area

- ❖ Collect the dedicated slides in the Lab.
- ❖ Apply the sticky part of a transparent scotch tape strip (7 x 2 cm approx) to the perianal area for 2-5 minutes as you wake up.
- ❖ Remove the scotch strip and apply it to the provided slide making it adhere with a gentle pressure.

SEMEN ANALYSIS (SPERMIOGRAM)

You must use the dedicated, sterile container provided by the Laboratory. It is possible to collect it at the laboratory in conjunction with detailed instructions necessary for correct collection

You must respect a sexual abstinence period of min 3 and max 5 days before the test. The sample must be consigned to the Lab no later than 30 minutes from the collection, directly,



without waiting to be called by number.

The sample must be collected by masturbation, possibly without wasting any of it.

VAGINAL SWAB

Do not use any lotion, creams or vaginal suppository 24 hours before the swab. Do not take antibiotics the week before.

Do not urinate in the two hours preceding the test.

It is possible to collect more specific test operating instructions asking directly the Lab.