

<b>MEDICAL GAMMA</b> Tel. 0377431761	<b>IdL 09.11</b> <b>PATIENT PREPARATORY INSTRUCTIONS</b>	REV. 18 DEL 01.03.18 Firma DG:
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To obtain the best results, please follow this information:

### **BLOOD TESTS OPENING HOURS**

**CODOGNO: from Monday to Saturday from 7.00 to 10.00 am**

**CASALPUSTERLENGO: from Monday to Saturday from 7.00 to 9.30 am**

**SAN COLOMBANO AL LAMBRO: Monday, Wednesday, Friday from 7.00 to 9.30 am**

**PIZZIGHETTONE: Tuesday, Thursday, Saturday from 7.00 to 9.30 am**

### **BLOOD TEST**

Come to the laboratory during the opening hours, fasting from midnight. You can take small amounts of water. If you can, refrain from smoking. In the days preceding the test, follow a normal diet.

Physical activity, and in particular sports, increases lactic acid, CPK and CPK-MB, cortisol, transaminase, catecholamine, GH, ACTH, uric acid.

### **COAGULATION TESTS ( INR)**

If you are following an anticoagulant therapy, please let us know. The result will be given at about 11am.

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### ROUTINE URINE TEST

**For complete urine test**, the first morning urine should be collected, unless otherwise indicated by the treating physician. Alternatively, collect the urine 3 to 6 hours after the last urine.

Urine should be collected in special containers (phials). Containers of other nature (eg bottles of various kinds, glass jars etc.) can not be used.

The container must be stored at room temperature and delivered as soon as possible to the laboratory, no later than 6 hours after collection.

**For microalbuminuria** on the first morning urine, follow the directions given above.

NB: If both tests were required (urine and microalbuminuria) fill two phials with the first morning urine.

We can give you the phials out of charge or you can buy them at the pharmacy.



### URINARY CULTURE

**Urine collection should not be performed during antibiotic therapy.**

**You should use a sterile, plastic, wide mouth container with a screw cap. Open it only at the time of use and close it immediately.**



For the collection of the sample proceed as follows:

**ADULTS:** wash your hands thoroughly with soap and water. Wash your genitals with disinfectant or normal soap for intimate hygiene, rinse well to remove traces of detergents and dry.

Throw away the first stream of urine and collect the intermediate one DIRECTLY into the sterile container. Just fill half a container and close it well.

**CHILDREN:** After having washed them thoroughly with disinfectant or normal soap for intimate hygiene, rinse them well to remove traces of detergents and dry. Apply the bag (to be purchased at the pharmacy - see the indications on the package leaflet) - hold the bag in situ for no longer than 60-90 minutes.

Remove the bag, close it carefully and place it in the sterile container for transport.

**PATIENTS WITH PERMANENT CATHETER:** Do not remove the catheter. Wash your hands thoroughly with soap and water, rinse well, dry immediately and wear sterile gloves. Remove the drainage bag and let a small amount of urine flow, clamp drainage tube just below the catheter/drainage bag connection, remove the clamp and collect the required amount of urine in the sterile container.

If urine does not spill autonomously, aspirate with a 10 ml syringe the required amount of urine and put it in the sterile container, taking care to close it immediately.

Keep the container at a temperature of + 2 -8 °C and take it to the laboratory within two hours maximum of collection.

**If both urine and urinary culture are required, you must collect the first stream in a plastic cup, the intermediate stream as indicated above, and finally pour the urine from the plastic cup into the phial.**

We can give you the containers out of charge or you can buy it at the pharmacy.

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### URINE CITOLOGY

The **second** morning urine is to be collected. Wash and dry the genitals thoroughly, throw away the first stream of urine and collect the intermediate one in a clean plastic cup, then pour the urine into the container with a screw cap containing an irritating solution (CytoLyt) .

Close the container and turn it upside down 2-3 times.

Keep the container well sealed and upright.

**If ONE sample is required:** take it the same morning to the laboratory during the opening hours.(see above)

**For THREE samples:** keep the first and second sample in the refrigerator, and the third day take the three samples all together to the laboratory during the opening hours.(see above )

We can give you the containers out of charge.

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### 24 – HOUR URINE COLLECTION

To perform urine collection properly, it is necessary to:

1) throw away the first morning urine

2) collect from this moment on all the urine that will be produced, (even at night) in the next 24 hours, including the first one of the following day.

During collection period: the container should be kept in a cool place and protected from direct sunlight.

N.B: If examinations were required on the first urine in the morning (the next day after the beginning of the collection):

-for urine analysis and /or microalbuminuria : collect the urine in a plastic container ,fill the phial/s and pour the remaining part in the 24- hour container.

-for urine culture : collect the mid stream urine in a sterile container .Pour the initial and final stream into the 24 –hour container.

N.B : *Some examinations on 24- hour urine require acidification before starting the collection. Therefore, contact the laboratory that will give you a container containing acid. In this case, be careful not to come into contact with the irritant solution.*

### 24-HOUR URINE EXAMINATIONS WITH ADDITIONAL INDICATIONS

#### - HYDROXYPROLINURIA

From the 24 hours prior to the beginning of the collection and for the entire time of collection you should follow a diet low or poor in collagen. AVOID the following foods: meat and its derivatives, fish, ice creams, sweets and gelatin products.

You are allowed to eat milk and its derivatives, eggs, vegetable broth, fruit and vegetables.

Collected 24 –hour urine and store it in a refrigerator in a well-closed container.

#### -5 HYDROXY INDOLE ACETIC ACID

From the 48 hours prior to the beginning of the collection and for the entire time of collection you should AVOID the following foods: pineapple, avocado, bananas, kiwi, blackberries, red plums, eggplant, tomatoes, dried fruit, coffee, tea, chocolate. During this period you should avoid medicines (after consultation with your doctor). Otherwise, the name of the medicine you are taking should be given at the time of the examination.

#### -VANILLYLMADELIC ACID (VMA)

From the 48 hours prior to the beginning of the collection and for the entire time of collection you should AVOID the following foods: avocado, bananas, kiwi, dried fruit, coffee, tea, chocolate. During this period you should avoid medicines (after consultation with your doctor). Otherwise, the name of the medicine you are taking should be given at the time of the examination.

#### -CREATININE CLEARANCE (24 – HOUR URINE )

Do not do physical activity during collection.

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### STOOL PARASITES TEST

Collect the stools in such quantities as to fill half a plastic container with a screw cap, containing formalin. ( be careful not to come into contact with the irritating liquid).

The sample should not be contaminated by urine and must be taken to the laboratory as soon as possible. In the meantime keep it at + 2-8 ° C.

If the examination was required on 3 samples: collect 3 consecutive stools and take each sample to the laboratory as soon as possible.

We can give you the container out of charge.

### STOOL FOR OCCULT BLOOD / CALPROTECTIN

Collect the stools in such quantities as to fill half a plastic container with a screw cap. The sample should not be contaminated by urine and must be delivered to the laboratory within 24 hours from the collection, but retain it at 2-8° C.

If the examination was required on three samples: Collect three consecutive stools, samples are stored at 2-8° C and deliver them to the laboratory within 24 hours from each collection.

Avoid collection during the menstrual period.

We can give you the container out of charge or you can buy it at the pharmacy.

### STOOL CULTURE / HELICOBACTER PILORY TEST

Collect the stools in such quantities as to fill half a plastic container with a screw cap. The sample should not be contaminated by urine and must be taken to the laboratory as soon as possible. In the meantime keep it at + 2-8 ° C. Perform the collection before starting any antibiotic therapy.

We can give you the container out of charge or you can buy it at the pharmacy.

### SCOTCH TEST

Pick up the slide at the reception.

The test must be done in the morning, before evacuating and before any hygienic operation.

Firmly press several times the transparent tape to the skin, around the folds of the anus.

**Use clear, transparent tape ONLY.** Cloudy, "magic" tape must not be used.

Apply the tape, sticky side down, to the clear section of the labeled microscope slide.

Place the slide in the specimen container (and then in the orange bag ) and deliver it to the laboratory as soon as possible.

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### **URETHRAL DISCHARGE CULTURE ( only by appointment )**

Refrain from sexual intercourse for 24 hours.

Do not urinate for 3 hours before the test.

You must have stopped antibiotic and /or antimycotic therapy for at least one week.

For women : avoid doing vaginal irrigations in the 24 hours prior to the examination. You should not be in the menstrual period.

### **VAGINAL SWAB (only by appointment)**

Refrain from sexual intercourse for 24 hours.

You must have stopped antibiotic and /or antimycotic therapy for at least 1 week.

Avoid doing vaginal irrigations in the 24 hours prior to the examination.

You should not be in the menstrual period.

### **SEMEN CULTURE TEST**

You must have stopped antibiotic therapy for at least 1 week.

The collection should be made in the morning. When you wake up, wash your hands and penis and dry well with paper towel.

Produce the sample by masturbation without artificial lubricant. Collect the sample directly into a plastic, sterile, wide mouth container with a screw cap ( to be opened at that moment and then quickly closed ).

Within 2 hours (maximum) of collection, bring the sample to the laboratory. (In the meantime keep the sample at a temperature of + 2 -8 °C).

We can give you the container out of charge or you can buy it at the pharmacy.

### **SPUTUM ( CULTURE – CITOLOGIC – KOCK BACILLUS )**

Sputum must be collected in the early morning into a sterile container ( into a plastic, wide mouth container with a screw cap , to be opened at that moment and then quickly closed ).

To collect the sputum you must follow this procedure :

A) rinse mouth properly and gargle with water prior to the collection.

B) The sputum should be produced from a deep cough from the respiratory tract. Avoid any contamination with saliva.

C) collect specimen directly into the container.

D) close the container and take it as soon as possible to the laboratory.

In subjects unable to collect the sputum for the inability to cough reflex or for poor bronchial secretion, it is advisable, in the 2 days prior to the test ,take mucolytic or expectorant.

We can give you the container out of charge.

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### **13 – C UREA BREATH TEST FOR HELICOBACTER PYLORI (only by appointment)**

Executable from 14 years.

You need a medical prescription.

Do not eat or drink for at least 6 hours before the test.

Avoid antibiotics, pump inhibitors 3/4 weeks prior to the test.

The test will last about 30 minutes.

Breath samples will be collected ( with a straw ) before and after having taken 200 ml of water containing 13 – C urea (carbon stable isotope no- radioactive)and acid citric.

### **LACTOSE BREATH TEST ( only by appointment )**

Executable from 14 years.

You need a medical prescription.

Stop eating at least 8 hours before the test (from midnight of the previous day)

Avoid antibiotics ,antacids, gastroprotectors 2 weeks prior to the test.

Avoid laxatives or milk enzymes 3 days prior to the test.

The previous day, you can have for dinner: rice, meat or fish and water. Avoid bread ,pasta, sausages ,butter and margarine, dairy products, sauces and spices.

Avoid smoking from midnight of the previous day.

During the test : avoid eating and smoking. All you can have is half a glass of plain water.

The test will last about 3 hours.

Breath samples will be collected ( using a mouthpiece )before and after having taken 250 ml of water containing 25 g of lactose.

### **OGTT : ORAL GLUCOSE TOLERANCE TEST ( only by appointment )**

You need a medical prescription.

Contraindications : the test should not be done in persons with confirmed diabetes mellitus, acutely ill patients ,during convalescence after a surgical operation or treatment with life – saving drugs.

Stop eating at least 8 hours before the test ( but no more then 14 hours before )

In the 3 days before maintain a normal diet ( no restrictions )and your usual physical activity.

The test will last about 2.50 hours.

The test consists of a glucose uptake / intake followed by blood samplings. After taking glucose you can not eat or smoke for the duration of the test. From 15 minutes after glucose intake you may take moderate amounts of water. The examination is not valid in case of vomiting / diarrhea during the test.