

To obtain the best results, please follow this information:

**BLOOD TESTS OPENING HOURS**

**CODOGNO:** from Monday to Saturday from 7.00 to 09.30 am

**CASALPUSTERLENGO:** Monday, Wednesday, Saturday from 7.00 to 9.00 am

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

**PIZZIGHETTONE:** Tuesday, Thursday, Saturday from 7.00 to 9.00 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 /MICROALBUMINURIA SPOT**

**For complete urine test**, the first morning urine should be collected, unless otherwise indicated by the treating physician.

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

Wash your hands thoroughly with soap and water. Wash your genitals with normal soap (no antibacterial soap), rinse abundantly and dry. Throw away the first stream of urine and collect the intermediate one into the phial. The phial must be delivered as soon as possible to the laboratory (within two hours maximum of collection.), otherwise keep it at a temperature of + 2 -8 °C and take it to the laboratory the same morning during opening hours.

**NB: If both tests were required** (urine and microalbuminuria) **fill two phials** .

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.**

**N.B. If both urine and urinary culture are required, follow the instruction for urinary culture →fill only ONE wide mouth container**

For the collection of the sample proceed as follows:

**ADULTS:** wash your hands thoroughly with soap and water. Wash your genitals with normal soap for intimate hygiene,( no antibacterial soap ) rinse abundantly and dry. Throw away the first stream of urine and collect the intermediate one **DIRECTLY** into the sterile container, avoiding any contact between the container and the genitals. Just fill half a container and close it well.

**CHILDREN( urine collected with a bag ) :** After having washed them thoroughly with normal soap for intimate hygiene, rinse them abundantly with water 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 30 minutes.

As soon the child has urinated ,remove the bag ,close it carefully and place it into the sterile container for transport. If the urination does not take place within 30 minutes repeat the procedure with a new bag.

**PATIENTS WITH PERMANENT CATHETER:** Never remove the catheter to collect urine. Wash your hands thoroughly with soap and water, rinse well, dry immediately and wear sterile gloves. Close the catheter with a clamp just above the junction with the drainage bag connection for the time necessary to collect a sufficient amount of urine. Disinfect a section of the catheter just above the junction of the connecting tube. Aspirate with a sterile syringe about 10 ml of urine and pour it in the sterile container. Don't collect urine directly from the drainage bag.

The container must be delivered to the laboratory (within two hours maximum of collection.), otherwise keep it at a temperature of + 2 -8 °C and take it to the laboratory the same morning during opening hours.

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



<b>MEDICAL GAMMA</b>	<b>IdL 09.11</b> <b>PATIENT PREPARATORY INSTRUCTIONS</b>	Rev. del 08/04/2021 Firma DG:
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#### **URINE CITOLOGY**

The second morning urine is to be collected.

After eliminating the first morning urine, drink about one liter of water.

Wash and dry the genitals well, collect the second urine in a clean plastic cup, then pour the urine into the container with a screw cap containing the fixative liquid (CytoLyt) .

Check that it is tightly closed and hold it in a vertical position.

For a sample take it the same morning to the laboratory within the time indicated above.

For three samples store at room temperature, and in any case at not too high temperatures, the first and second sample and on the third day bring the three samples to the laboratory within the time indicated above.

Urine collection containers are supplied by us free 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.

The container used for the collection (graduated container that can be purchased in pharmacies) must not be brought to the laboratory but only the vials (correctly filled up to level) delivered by us, indicating the total volume collected during acceptance (for example two liters).

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 stored at room temperature.

If the examination was required on 3 samples: collect 3 consecutive stools and deliver the three samples together, keeping them at room temperature .We can give you the container out of charge.

**STOOL FOR OCCULT BLOOD**

Collect the stools in a tiny, dry container, absolutely avoiding contaminating them with urine. Avoid collection during the menstrual period, or in case of bleeding hemorrhoids.

Unscrew and extract the green cap from the tube of the collecting device.

Swipe the small stick over the stools several times horizontally and vertically (see image)

Insert the stick into the tube, re-tighten and shake.

Write on the label : name, surname and n° of the stool discharge : 1°, 2°, 3°.

Keep the sample at 2-8° C. and deliver it to the laboratory during opening time.

If the examination were required on three samples: collect three consecutive stools, keep them at 2-8° C and deliver them to the laboratory all together.

You can use **ONLY** the collection devices supplied by us (free of charge), which must not be swallowed.

If the liquid comes in contact with eyes, mouth or skin, rinse thoroughly with water and consult a doctor if necessary .

**STOOL CULTURE / HELICOBACTER PILORY TEST / 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 taken to the laboratory as soon as possible. In the meantime keep 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.

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 72 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 72 hours.

Do not urinate for 3 hours before the test.

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

The collection should be made in the morning. The container must be taken to the laboratory within 2 hours (maximum ) of collection. Otherwise keep the sample at a temperature of + 2 -8 °C and then take it the same morning during opening hours .

Refrain from sexual intercourse for 72 hours.

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

When you wake up, wash your hands and penis and dry well with paper towel.

Produce the sample by masturbation :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 ).

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

#### SPUTUM ( CULTURE/KOCH BACILLUS - CYTOLOGICAL/ASBESTOS AND SIDEROCYTES)

Sputum must be collected in the early morning into the following containers:

- Culture/Koch Bacillus: the container to be used must be sterile, plastic wide mouth with a screw cap, to be opened at that moment and then quickly closed. The container can be purchased at the pharmacy or collected from our structure for free. Store at + 2 -8 °C.
- Cytological/Asbestos and Siderocytes: it is mandatory to use the container provided by use free of charge. Store at room temperature.

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.

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**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.

**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.