MEDICAL GAMMA	IdL 09.11 PATIENT PREPARATORY INSTRUCTIONS	Rev. del 05/06/2026

ORGANIC MATERIAL DELIVERY TIME

CODOGNO: from Monday to Saturday from 7:00 to 10:00 am
SAN COLOMBANO AL LAMBRO: Monday, Wednesday, Friday from 7:00 to 10:00 am
PIZZIGHETTONE: Tuesday, Thursday, Saturday from 7:00 to 10:00 am
SAN DONATO MILANESE: from Monday to Saturday from 7:00 to 9:45 am
FLERO: from Monday to Saturday from 7:00 to 9:30 am

COLLECTING URINE IN VIALS

(ROUTINE URINE TEST, MICROALBUMINURIA SPOT ECC…)



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: The quantity of vials to be filled can vary according to the type and number of analyzes to be carried out. Please contact the laboratory before proceeding with the collection.
The collection containers are supplied by us free of charge or must be purchased at the pharmacy.

N.B: End of shift urine: collection must not be carried out in a vial but in a jar supplied by us. To avoid environmental contamination, collect the sample away from the workplace and after washing your hands very well

COLLECTION OF URINE IN STERILE CONTAINER

(URINARY CULTURE ECC…)



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.

N.B.: if you also need to perform culture tests on seminal fluid and/or spermiogram, refer to the collection instructions given in the relevant paragraphs.

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URINE CITOLOGY

The second morning urine is to be collected; before collecting drink one liter of water and make movement.
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

The graduated container to be used for collection can be purchased at the pharmacy
To correctly carry out the collection you need:
1) discard the first urine of the morning
2) collect, from this moment on, all the urine that will be produced (even at night) in the following 24 hours, including the first of the day after the start of collection.
3) At the end of the collection, note the volume (for example two litres), shake the bin and pour the contents into the two vials (correctly filled to the level) delivered by us. Only the two vials and the data relating to the volume must be sent to the laboratory, while the bin can be washed and reused.
The container must be kept cool and away from direct sunlight for the entire time of collection.

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 analyzes to be carried out on the urine for 24 hours require acidification before starting collection. Therefore, contact the laboratory that will supply the acid can. In this case, care must be taken not to come into contact with the irritating solution. Other analyzes, on the other hand, require a dark condition, so the bin must be covered entirely, including the handle, with aluminum foil for the entire duration of the collection, until delivery to the laboratory. In both cases, return the bin to the laboratory.

CREATININE CLEARANCE (24 – HOUR URINE)
Do not do physical activity during collection.

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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, within 5 days of the first harvest.

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 CONTAINER

(STOOL CULTURE, FECAL PARASITES, HELICOBACTER PILORY TEST, CALPROTECTIN, CHEMICAL-PHYSICAL ECC…)

Collect faeces in such quantities as to fill half a plastic container with a screw cap. The sample must not be contaminated with urine and must be delivered to the laboratory within 24 hours of collection, storing it at 2-8°C.If the test is requested on three samples: collect three consecutive discharges, store the samples at 2-8°C and deliver them to the laboratory within 24 hours of each collection. For some research it is necessary to carry out the collection before starting any antibiotic/antifungal therapy or at least 7 days after the end of the therapy.

For the search for PARASITES, the drugs that interfere and therefore must not be taken for at least a week are: Vaseline oil, barium, bismuth, antibiotics, antimalarials and antidiarrheals.

The containers for collecting feces are provided by us free of charge or can be purchased at the pharmacy.

SCOTCH TEST

Collect the slide from the office.
The tape should be applied to the anal orifice in the morning before evacuating the intestine and before any hygienic maneuver. Firmly place the adhesive tape (**only transparent scotch, no opaque/white**) several times on the skin of the perianal region.
Spread the adhesive tape on the slide. Place it in the appropriate plastic container and then in the envelope and deliver it to the laboratory during the hours indicated above.
If the test is requested on three samples: each sample must be delivered to the laboratory every day during the hours indicated above.

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For analyzes that are carried out by appointment, call 0377431761 or send an email to segreteria@medicalgamma.it

WOMEN'S / MEN'S UROGENITAL SYSTEM SWABS (by appointment)
(URETHRAL, VAGINAL, ENDOCERVICAL ECC…)
(CULTURES, MYCOPLASMS, CHLAMYDIA DNA, ECC ...)

Refrain from sexual intercourse for 72 hours.
You must have stopped antibiotic and /or antimycotic therapy for at least one week.
Only for urethral swab: do not urinate for 3 hours before the test.
For women : avoid doing vaginal irrigations in the 24 hours prior to the examination. You should not be in the menstrual period.

COLLECTION OF SEMINAL LIQUID IN STERILE JAR
(SPERMIOCULTURE, CHLAMYDIA DNA, MYCOPLASMS, GONOCOCCO, HPV ECC ...)

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 strew 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.

N.B.: if you also need to perform a urine culture, it is necessary to first collect the seminal fluid as indicated above, clean the external genitalia again and finally collect the urine at the end of urination, after having abundantly eliminated the first stream.

SPUTUM (CULTURE - CYTOLOGICAL/ASBESTOS AND SIDEROCYTES)

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

- Culture**:** 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.

OGTT : ORAL GLUCOSE TOLERANCE TEST (required 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.

BREATH TEST UREA C 13 (Helicobacter Pylori) (mandatory appointment)

- can be performed from 16 years of age
- a medical prescription is required
- you must be fasting; it is preferable not to smoke during the test period
- perform the test at least 4 weeks after the end of antibiotic therapy and/or taking proton pump inhibitors and/or prokinetics
- test duration approximately 30 minutes
- the test consists of collecting breath samples, before and after taking 13C-urea and citric acid

ANALYSIS WITH MANDATORY APPOINTMENT

For analyzes that are carried out by appointment, call 0377431761 or send an email to segreteria@medicalgamma.it

SPERMIOGRAM (mandatory appointment)

- Observe a period of abstinence, i.e. lack of ejaculation (intercourse, masturbation, nocturnal emission), of no less than 2 and no more than 7 days
- Performing a spermiogram is not recommended in the event of a feverish episode ≥38°C and/or taking antibiotics in the month preceding the exam
- Avoid urinating for at least 3 hours
- Observe careful hygiene of the genitals and hands before carrying out the collection
- Collect all the seminal fluid for masturbation in a sterile urine container, opening the container before use. The sample must be collected entirely, avoiding losing the first drops and also collecting the last ones, by delicately squeezing the urethra
- In case of collection at home, by agreement with the laboratory, the sample must be delivered within 45 minutes of collection; it must be transported in a vertical position and must not undergo temperature variations during transport (during the winter season it is recommended to wrap the container in hydrophilic cotton and tin foil)

N.B.: it is not possible to perform a culture test of the seminal fluid on the same sample.
If, however, you also need to carry out a urine culture, you can simultaneously bring the urine sample, collected upon awakening, into the dedicated jar and correctly stored at +2-8°C.

ALLERGIES (RAST - NO SKIN TESTS)

The possible combinations of RAST are listed below, to be carried out via venous sampling, even if you are taking antihistamines.

1) Multi-allergenic screening: it is reported negative/positive, testing all the allergens listed below

- Adults: Dermatophagoides pteronyssinus D1, Dermatophagoides farinae D2, Cat dandruff E1, Horse dandruff E3, Dog dandruff E5, Codolina G6, Dog grass G2, Alternaria tenuis M6, Penicillum notatum M1, Birch T3, Common ragweed W1, Wild wormwood W6, Lanciuola W9, Parietaria officinalis W19
- Children (<11 years): Egg white F1, Milk F2, Fish F3, Wheat F4, Peanuts F13, Soya F14, Codolina G6, Birch T3, Absinthe W6, Cat dander E1, Dog dander E5, Horse dandruff E3, D. Pteronyssinus D1, A. Alternata M6

2) Allergens: single, mix, recombinant: it is possible to choose one or more single and/or recombinant allergens or mixes that test multiple allergens together. To find out the complete list of proposals, ask for the acceptance form or consult the website

3) Second generation allergy test: allergenic profile which includes total IgE and 300 specific allergens (also capable of determining allergic cross-reactions)

SALIVARY CORTISOL

- Show up at the Codogno office at least 60 minutes after consuming liquid/solid foods and/or taking medicines
- 10 minutes before collecting the material it will be necessary to rinse your mouth with water for 1-5 seconds and finally wash your hands well

FOOD INTOLERANCES

- can be performed from 14 years of age
- have fasted for at least 6 hours
- for the interpretation of the results we recommend consulting a specialist

Searches for 130 antigens, sometimes grouped into mixes or families:
spelled, rice, wheat, barley, corn, gluten, brewer's yeast, soy, cow's milk, goat's milk, sheep's milk, mozzarella, robiola, stracchino, parmesan, parmesan, asiago, beef, pork, turkey, lamb, chicken, salmon, tuna, cod, sole, squid, octopus, squid, cuttlefish, anchovies, mackerel, sardines, horse mackerel, clams, mussels, oysters, scallops, razor clams, prawns, mantis shrimp, lobster, scampi, crab, egg white/yolk, peanuts, walnuts, almonds, hazelnuts, cocoa, coffee, asparagus, peas, lentils, chickpeas, broad beans, savoy cabbage, cabbage, broccoli, cauliflower, brussels, cannellini beans, borlotti beans, black beans, red beans, black-eyed beans, porcini mushrooms, chanterelles, pleurotus, champignon, lettuce, celery, tomato, pepper, aubergine, potato, carrot, onion, courgette, spinach, chicory, apple, banana, kiwi, strawberry, apricot, pineapple, pear, melon, peach, citrus fruit, grapes, blackberries, blueberry, raspberry, currant, plum, cherry, sunflower seeds, olive and oil, pepper, nails clove, nutmeg, cinnamon, bay leaf, rosemary, sage, basil, oregano, green pepper, pink pepper, pheasant, quail, wild boar, roe deer, hare, preservatives (potassium sorbate - salicylic vinegar acid - nickel sulphate, ascorbic acid), colorings (E120 - E151 - E102 - E156), honey, fig, garlic, tea, sodium glutamate, chemical yeast