



INSTRUCTIONS FOR PATIENTS

BLOOD SAMPLE TAKEN FROM A VEIN

- Observe an 8-12-hour fast before the sample is taken.
- Do not make any physical effort 12 hours before the sample is taken.
- Do not smoke from the time you wake up until the sample is taken.
- Do not drink alcohol 12 hours before the sample is taken.

DRUGS

Go to the sampling point on an empty stomach for sample taking before the morning intake.

GLYCAEMIC CURVE, GLYCAEMIC CURVE DURING PREGNANCY

The patient must:

- Go to the centre at 7:30 am on an empty stomach;
- Fast for at least 8-12 hours before the sample is taken;

After taking the basal sample to determine glycaemia and checking the test suitability, the patient takes the quantity of glucose solution according to the medical prescription or to the type of curve within 5 minutes.

The patient must stay at the premises for the duration of the type of curve prescribed by the doctor.





INSTRUCTIONS FOR PATIENTS

URINE COLLECTION

URINE COLLECTION AND URINE CULTURE TEST IN PAEDIATRIC PATIENTS

- Carefully wash your hands with water and soap;
- Cleanse the external genitals
- Apply the sterile bag (available at the chemist's) and adhere it well to the skin.
- Leave the bag "in situ" for no longer than 60-90 minutes. If necessary, replace it and repeat the operation;
- As soon as urination occurs, remove the bag, close it carefully and put it back (but do not decant it) in a sterile plastic container for urine culture tests and take it to the lab as soon as possible.

COLLECTION FOR COMPLETE URINALYSIS

Carefully wash the external genitals. For the complete urinalysis, collect a sample of the first urines in the morning but discard the first jet. Use disposable containers available at the chemist's. The container can be picked up at the sampling point on weekdays from 07:30 am to 09:30 am. For women, it is advisable to wait at least three days after the end of the menstrual cycle.

URINE COLLECTION FOR URINE CULTURE TESTS

URINE MUST BE COLLECTED IN A STERILE WIDE-MOUTHED CONTAINER. The test is carried out with the first morning urine following the "mid-stream" technique with this procedure:

- Carefully wash your hands;
- Carefully wash your external genitals with water and soap; rinse;
- Women must keep the vulva open wide with a hand and men must keep the glans skin fully retracted during skin cleansing and sample collection;
- Discard the first urine jet;
- Collect the following urine directly into the container;
- Discard the last urine jet.
- Quickly close the container at the end of collection;
- Deliver it as soon as possible;
- Any therapy with antibiotics must be interrupted for at least a week prior to the test.





INSTRUCTIONS FOR PATIENTS

24-HOUR URINE COLLECTION MODE

The following tests require collecting a 24-hour urine sample:

- ADH URINE TEST
- 24-HOUR ALDOSTERONE EXCRETION TEST
- AMYLASURIA
- URINARY NITROGEN EXCRETION TEST
- B2 MICROGLOBULIN TEST
- KAPPA AND LAMBDA FREE LIGHT CHAINS
- CHLORIDE URINE TEST
- URINE CREATININE TEST (24-HOUR SAMPLE)
- URINE PROTEIN ELECTROPHORESIS
- URINARY OESTRIOL EXCRETION TEST
- GLYCOSURIA
- URINE IMMUNOFIXATION TEST
- MICROALBUMINURIA TEST (24-HOUR SAMPLE)
- URINE C-PEPTIDE TEST
- URINE SODIUM TEST
- 24-HOUR HYDROXYPROLINE EXCRETION TEST (48 hours before starting collecting your samples and throughout such process, do not eat any: Meat, processed meat products, broth with meat extracts, products with gelatine, fish, sweets, and eggs. During this period, and after talking to your health care provider, it is advisable to stop taking any medicines).

Collect all urine (day and night) as follows:

- Urinate into the toilet when you get up in the morning (first urination) and write down the time
- Collect all urine (day and night) in a special container;
- The following morning, finish collecting your samples urinating in the container (first urination of that day) at the same time you did the previous day;
- At the end of the collection, carefully mix and measure the total volume of collected urine and take a sample to the sample collection centre. If you cannot measure the volume, take all collected urine.

NB: Urine must be kept in a cool place during the entire collection period.

INSTRUCTIONS FOR PATIENTS

SEMEN ANALYSIS

- The patient must abstain from any sexual activity for 3-4 days before the test.
- The patient should not be taking antibiotics for at least a week before the test;
- Sample must be taken after an accurate cleaning of external genitals and hands;
- Semen must be collected by masturbating directly into a sterile container.

INSTRUCTIONS FOR PATIENTS

C13 UREA BREATH TEST

For a reliable result, the patient must:

- Fast for at least 6 hours;
- Carry out the test at least 8-9 weeks after the end of an antibiotic therapy;
- Carry out the test after having interrupted for 15 days the administration of antacid drugs.

For the test, go to the sample centre at 7:30 am.

INSTRUCTIONS FOR PATIENTS

SWABS (vaginal and cervical)

SWABS are made only if requested by the gynaecologist of the facilities during check-up. If so, instructions will be communicated by the specialist.

INSTRUCTIONS FOR PATIENTS

'SCOTCH TAPE' TEST

Pick up the specific plate at the Sampling Point that is open from 07:30 am to 09:30 am from Mondays to Saturdays (closed on holidays).

Carry out in the morning; do not wash the part involved before. Affix the adhesive part of the transparent scotch tape on the anus; slightly press for 30 seconds. Apply the adhesive tape onto the surface of the plate; be careful not to form folds.

Pinworm eggs are sticky and very infective. Therefore, it is advisable to wear protective gloves during all collection steps.



INSTRUCTIONS FOR PATIENTS COLLECTING STOOL SAMPLES

COLLECTING STOOL SAMPLES FOR:

- **COPROCULTURE TESTS**
- **TO LOOK FOR PARASITES**
- **COMPLETE TEST**

A walnut-size stool sample must be collected using the teaspoon usually found in the regular containers sold in the market.

The sample can be kept in a cool place (2-8°C) until it is taken to the sampling point.

- For the three-sample parasitology test, the test must be carried out on three different fresh stool samples;
- For coproculture tests, any therapy with antibiotics must be interrupted for at least a week prior to the test.
- For coproculture tests, use a sterile container and collect any mucous or blood parts; take samples as soon as possible to the sampling point.

INSTRUCTIONS FOR PATIENTS COLLECTING STOOLS FOR OCCULT BLOOD TESTS

The container must be compulsorily the one supplied by the facilities.
The container must be picked up, together with the instructions on how to collect the sample,
at the Sampling Point that is open from 07:30 am to 09:30 am from Mondays to Saturdays
(closed on holidays).