



GENERAL INSTRUCTIONS: HOW TO PREPARE FOR SAMPLING

What takes place prior to sampling has an effect on results of laboratory examinations. You can ascertain reliable results by preparing for sampling according to the instructions the laboratory gives you.

BLOOD SAMPLES

The day before blood sampling:

- You can eat normally.
- Avoid alcohol.

The morning of the day of sampling:

- Avoid smoking, coffee and tea, and heavy physical exercise.
- If possible, remain sitting for 15 minutes prior to the sampling.

Examinations requiring fasting (the letter *f* in front of the type of examination, e.g. fP-Gluk):

- Please do not eat for 10 – 12 hours prior to sampling. You may have some water.

Blood samples taken in order to assess **drug concentration**:

- Take the medication after blood sampling, unless your doctor instructs otherwise.
- Similarly, do not take thyroxine before thyroid hormone assays.

URINE SAMPLES

- The letter *U* in front of the type of examination refers to urine sample, e.g. U-KemSeul.
- The result will be reliable if you proceed as instructed in the laboratory handouts concerning providing urine samples.
- Urine samples are usually provided in the laboratory. If you provide a sample at home, you must use a container you receive from the laboratory or a nursing unit.

The best sample for **basic urine testing** can be taken from the first urine in the morning or, if later, from urine that has stayed in the bladder for 3-4 hours. Please avoid taking in much liquid before providing the sample.

Urine samples for chlamydia and gonorrhoea are taken from initial stream urine, catching the accumulated cells. This sample is always provided in the laboratory. Please follow the instructions below:

- Do not urinate for at least two hours prior to providing the sample.
- You should not provide a sample while you menstruate or have an acute urinary tract infection.

VAGINAL DISCHARGE SAMPLES

- Do not douche before providing a sample!
- You should not provide a sample while menstruating or while you have excessive, blood-streaked secretion.
- You should not provide a sample while taking vaginal medication or antibiotics. Please do not provide a sample any earlier than a week after stopping medication.
- Please do not use a tampon in the morning of the day you provide a sample.



Laboratories

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PAPANICOLAU TEST, I.E. THE PAP SMEAR

- You should not provide a sample while menstruating. Please do not provide a sample any earlier than five days after the last day during which you menstruate.
- You should not provide a sample while taking vaginal medication. We recommend you wait until you have had a period before you provide a pap smear.