



12.10.2016

PREPARATION FOR LABORATORY TESTS

Many factors such as eating, coffee, alcohol, smoking and physical activity could affect the results of laboratory tests. The test results can be higher or lower, or the test can not be measured. Please, avoid alcohol and hard physical activity one day and smoking one hour prior to sampling. Prior to blood sampling you should sit in place for 15 minutes in order to balance your blood circulation.

Planned sampling date: _____

(You can reserve the sampling time: www.islab.fi/ajanvaraus)

Samples that will be taken (crosses in boxes):

BLOOD SAMPLES

- BLOOD SAMPLE, **which should be taken at certain time of the day** _____
- BLOOD SAMPLE, **which requires fasting:**
 - Do not eat within 10 hours prior to sampling
 - You can drink a glass of water
 - You can take your medication as usually unless your doctor/nurse has not given different instructions, or unless the medication is forbidden because of a certain test
 - Doctor/nurse will give fasting instructions if you have insulin-treated diabetes
- BLOOD SAMPLE, **which do not require fasting:**
 - You can take your medication as usually unless your doctor/nurse has not given different instructions, or unless the medication is forbidden because of a certain test
 - You should avoid a big meal prior to sampling

URINE SAMPLES

- URINE SAMPLE, **which has been in the bladder over 4 hours** (if possible):
 - The sample can be given at home. You will get separate the instructions and equipment
- URINE SAMPLE, **which have been in the bladder under 4 hours**
 - The sample can be given at home. You will get separate the instructions and equipment
- URINE COLLECTION: _____
 - You will get separate the instructions and equipment

- ELECTROCARDIOGRAM (= ECG)** **TOLERANCE TEST** _____
 - You will get separate the instructions and equipment

Please, inform the laboratory personnel, if You have not been able to follow these instructions

Ilmoittakaa näytteenottajalle, jos ette ole voineet noudattaa tätä potilasohjetta tai jos olette saaneet tästä poikkeavia erityisohjeita.

Tutkimuksiin tai tuloksiin liittyviin kysymyksiin vastaa oma lääkäriinne tai hoitajanne. Laboratorio vastaa näytteenottoon liittyviin kysymyksiin.

Oman hoitajan/lääkärin yhteystiedot	
Laboratorion yhteystiedot	