

12.6.2023

PREPARATION FOR LABORATORY TESTS

Many factors – such as diet, coffee, alcohol, cigarettes and physical strain have an impact on laboratory test results. Avoid alcohol and heavy physical strain for 24 hours, and smoking for one hour, before the test. It is recommended that you sit still for 15 minutes before the test to enable normalisation of your blood circulation. Take this into consideration also when you come to an appointment.

Bring with you your KELA card or other identity document with your personal identity code when you come to laboratory for testing. For some tests (e.g. narcotics screening test) an identity document with a photo is required. You get instructions from the medical care unit.

If you were prescribed a test to be carried out at home and you were not given a sample container from your medical care unit, you can pick it up from any ISLAB service point. It is important to use a sample container provided by the medical care unit or laboratory.

PLANNED SAMPLING DAY: _____

For non-urgent testing book an appointment at: www.islab.fi/ajanvaraus or by calling Mon to Fri at 12 – 2 pm tel. 044 7178888 (call back service at 8am-12:00am). Help desk for patient customers serves at 044 457 0740 Mon to Fri at 7:30am-3pm.

Measurements to be carried out (tick the appropriate box):

BLOOD SAMPLES:

- BLOOD SAMPLE **to be taken at a specific time:** _____
- BLOOD SAMPLE **requiring fasting:**
 - You must not eat anything for 10 hours before the measurement. Avoid fasting for longer than 14 hours.
 - You may drink a glass of water.
 - Take your medication as usual unless otherwise instructed by your physician/nurse or unless forbidden/otherwise recommended for certain tests (for example P –T4-V measurement – thyroxine medication).
- BLOOD SAMPLE **not requiring fasting:**
 - Take your medication as usual unless otherwise instructed by your physician/nurse or unless specifically forbidden for certain tests.
 - Avoid full meal just before the measurement.

URINE MEASUREMENTS:

- URINE MEASUREMENT, **from urine that has been in your bladder over 4 hours**, if possible
 - The sample can also be collected at home, in which case you will be given separate instructions and a sampling kit.
- URINE MEASUREMENT **from the first or second urine of the morning**
 - The sample can also be collected at home, in which case you will be given separate instructions and a sampling kit.
- COLLECTION OF URINE, Measurement: _____
 - You get separate instructions and a sampling kit for urine sample collection.
- OTHER TEST:** _____ (Separate instructions)
- ECHOGARDIOGRAM (= ECG)**
- STRESS TEST,** _____ (Separate instructions)

Let the person collecting the sample know if you were not able to follow these instructions or if you were given other instructions.

You medical care physician or nurse will answer inquiries concerning testing and test results. The laboratory will answer questions related to sampling procedure.