

## Preparing for laboratory tests

- Book an appointment for a sampling at [www.islab.fi](http://www.islab.fi) or call tel. 044 717 8888.
- If you have a referral to a home laboratory test and did not receive a sample container, you can pick one up from any of ISLAB's sample collection points.
- Avoid drinking alcohol and strenuous physical exertion for 24 hours before the sampling.
- Avoid smoking for one hour before the sampling.
- Please arrive at the laboratory appr. 15 minutes before the booked appointment to stabilise your circulation. Bring your Kela card or other ID that contains your personal identity code.

## To be completed by the referrer

The planned sampling day is:

Tests to be taken (tick the box):

### ☐ **Blood tests**

- ☐ The sample must be taken at a certain hour, which is:
- ☐ Take your prescribed medication as usual.
- ☐ Do not take this medication before the sampling:
- ☐ You can eat and drink normally.
- ☐ Do not eat for 10–14 hours before the sampling. You can drink a glass of water.
- ☐ Other instructions:

### ☐ **Urine tests**

- ☐ You can give a sample at home.
- ☐ Hold the urine in your bladder for at least 4 hours, if possible.
- ☐ Collect the sample during the first or second time you urinate in the morning.
- ☐ Other instructions:

- ☐ **Urine collection:** please read the separate instructions.
- ☐ **Electrocardiogram (ECG)**
- ☐ **Glucose tolerance test:** please read the guide *Preparing for glucose tolerance test*.
- ☐ **Other tests:**

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

If you have any questions regarding the sample collection, please contact ISLAB's customer service by calling tel. 044 457 0740.

Your own doctor or nurse will answer any questions you may have about your tests and results.