

PATIENT PREPARATION INSTRUCTIONS

Proper preparation before specimen collection helps ensure accurate and reliable laboratory results. Please follow the instructions below, and inform our laboratory personnel of any medication, medical condition, pregnancy, or other factors that may affect your test results.

General Instructions Before Blood Collection

- Avoid strenuous physical exercise during the 24 hours preceding specimen collection.
- Avoid alcohol consumption during the 24 hours preceding specimen collection.
- Inform laboratory personnel about any medication or supplements you are taking.
- Inform laboratory personnel of pregnancy, recent blood transfusions, or other relevant medical conditions, where applicable.

Blood Tests

For examinations requiring fasting (e.g. glucose, lipid profile, and certain biochemical tests), a fasting period of 8–12 hours is recommended unless otherwise instructed by your physician or the laboratory.

During the fasting period, only water is permitted.

Urine Tests

Random Urine Sample

Before collecting the urine sample, it is important to follow these preparation steps to avoid contamination:

- Obtain the appropriate sterile collection container from our blood collection points or pharmacy.
- Wash your hands thoroughly.
- Clean the genital area with water or a mild, non-perfumed soap.
- Rinse well and dry the area with a clean towel or tissue.

The midstream clean-catch method helps ensure that the sample is not contaminated by bacteria from the skin.

Follow these steps:

1. Begin urinating into the toilet.
2. Midway through urination, place the sterile container under the urine stream.
3. Collect approximately half of the container.
4. Finish urinating into the toilet.
5. Close the container tightly, avoiding contact with the inside of the container or lid.

24-Hour Urine Collection

- Obtain the appropriate sterile collection container from our blood collection points or pharmacy.

- Do not collect the first morning urine on the first day.
- Collect all urine passed during the following 24 hours, including the first morning urine of the next day.
- If the container contains a preservative, do not empty or rinse it.
- Store the container in a refrigerator or cool place until delivery to the laboratory.

To maintain sample quality, please follow these guidelines:

- Bring the urine sample to the blood collection point within **1 hour** of collection.
- If immediate delivery is not possible, refrigerate the sample at **4–8°C** and deliver it as soon as possible.
- Do not leave the sample in warm or sunny areas.

Semen Analysis

- Abstain from ejaculation for 3–5 days before specimen collection.
- Collect the specimen directly into the sterile container provided by the laboratory.
- Avoid the use of lubricants, saliva, or condoms during collection.
- If the specimen is collected outside the laboratory, deliver it within 45 minutes of collection and keep it close to body temperature during transport.

Oral Glucose Tolerance Test (OGTT)

- Fast for 8–12 hours before the test.
- During the test, do not smoke, drink coffee, eat, or engage in physical activity.
- Remain in the laboratory throughout the duration of the test, unless instructed otherwise by laboratory personnel.
- If symptoms such as dizziness, sweating, nausea, or fainting occur, notify laboratory personnel immediately.

Pregnancy Test (β -hCG)

Testing may be performed after the expected date of menstruation.

Helicobacter pylori Breath Test

The following substances should be discontinued before the test, for the periods indicated:

Substance	Recommended discontinuation period
Antibiotics	4 weeks
Bismuth-containing medications	4 weeks
Proton Pump Inhibitors (PPIs)	2 weeks
Sucralfate	2 weeks

Fasting for at least 6 hours prior to the test is also required.

Therapeutic Drug Monitoring

For measurement of drug levels, blood collection is generally recommended in the morning and before the next scheduled dose, unless otherwise instructed by your physician.

Thyroid Function Tests

Blood collection may be performed at any time of day. Patients receiving thyroid medication are advised to have blood collected before taking their daily dose.

Female Hormonal Tests

- Report the day of your menstrual cycle at the time of specimen collection.
- Most hormonal examinations are best evaluated when collected between days 2 and 5 of the menstrual cycle.
- Certain examinations (e.g. Estradiol and Progesterone) may require collection on specific days of the cycle, according to your physician's instructions.

Other Biological Specimens

For stool, sputum, and other biological specimens, please contact our call center for specific collection and preparation instructions prior to your visit.

Need help?

For specialised examinations or additional preparation requirements, please contact the laboratory before your visit. Our personnel will be happy to assist you.