



Instruction

Patients' awareness about the proper method of sample collection Method of preparation for blood sugar testing 2 hours after a meal

1. Having breakfast:

Prepare a balanced and normal meal (including sweet tea, cheese, etc.).

2. Write down the starting time of the breakfast

(2 hours after the meal begins the moment you start eating breakfast).

3. After the breakfast, do not eat anything including Chewing gum, Sweets, Fruit, Juice, Tea, etc.

(Except for a small amount of water).

4. The blood sample will be taken from you exactly 2 hours after the start of the Breakfast.

5. Be present in the laboratory fifteen minutes before the time of 2-hour Sampling.

6. As soon as entering the laboratory, inform the receptionist. If the blood Sample is not taken exactly 2 hours after the start of the breakfast, the receptionist must be informed.



Instruction

Patients' awareness about the proper method of sample collection The method of collecting the stool regarding the hidden blood searching

In the day before and at the time of collecting the stool sample, refrain from eating the following materials:

1. Any kind of red meat (beef and lamb). It is better not to consume chicken and fish as well.
2. Uncooked fruits and vegetables such as turnip, radish, mushroom, broccoli, cauliflower, orange, banana, grape, cantaloupe and melon
3. Regarding the consumption of previously prescribed drugs, consult your doctor.
4. Women who have menstrual cycle must refrain the test for three days after the end of the period
5. Avoid taking the following drugs at least for one week before the test. Otherwise, the laboratory must be notified.

Salicylates such as aspirin, other non-steroidal anti-inflammatory drugs such as ibuprofen, indomethacin, diclofenac sodium, steroid medicines, vitamin C, antacids, iodine and ferruginous compounds

6. Consult your doctor about taking other drugs



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The method of fasting for the tests

The following tips are provided to help respected patients and clients regarding the proper sample collection for the tests requested by respected doctors. Being fasted for specified time for some tests such as fasting blood glucose, triglycerides, etc. is necessary due to the fact that eating can lead to changes in the values of the test. If the laboratory doctor or the receptionist asks you to be fasted for the tests, please observe the following items:

Do not eat and drink (except water) for eight hours before going to the lab. The recommended period of fasting is better to be at night when the physical activities are minimized and natural values have been determined in morning samples.

- ❖ If the tests of blood fats such as triglycerides, cholesterol, HDL and LDL are requested, the duration of fasting is at least 12 hours.
- ❖ Avoid drinking fruit juices, tea and coffee during the fasting, but drinking water is permissible unless the water restriction is advised by the doctor.
- ❖ During the fasting, avoid smoking, chewing gum and doing exercises. This may cause gastrointestinal irritation and changes in the test results.
- ❖ After sampling, you can start your normal diet and daily activities.



Instruction

Patients' awareness about the proper method of sample collection The method of collecting urine middle part for urine cultures

Note:

To perform urine cultures, antibiotics should not be used at least for 3 days (in cases where it is not possible, the physician and laboratory must be notified).

1. Method of sample collection for women:

- ❖ Wash your hands with soap and water thoroughly.
- ❖ Open the lid of sample collection container. The container and the lid must not be infected.
- ❖ Open the genital skin folds. Wash the urethra and surrounding areas from front to back. If available, use toilet paper.
- ❖ Throw away the first part of your urine. Then, pour the middle part into the container used to collect urine. Half or, at least, one third of the container must be filled. Throw away the last part of your urine.
- ❖ Close the container's lid tightly.
- ❖ The container must be labeled with your specifications.
- ❖ Put the sample container in the place determined by the laboratory.
- ❖ If the sample is taken out of the lab, it should be delivered to the lab within a maximum period of 2 hours after the collection.

2. Method of sample collection for men:

- ❖ Wash your hands with soap and water thoroughly.
- ❖ Open the lid of sample collection container. The container and the lid must not be infected.
- ❖ Wash the urethra and surrounding areas. If available, use toilet paper.
- ❖ Throw away the first part of your urine. Then, pour the middle part into the container used to collect urine. Half or, at least, one third of the container must be filled.
- ❖ Close the container's lid tightly.
- ❖ The container must be labeled with your specifications.
- ❖ Put the sample container in the place determined by the laboratory.
- ❖ If the sample is taken out of the lab, it should be delivered to the lab within a maximum period of 2 hours after the collection.