

Instructions for persons coming to laboratory tests

Blood sample

Many factors occurring before the collection of samples – such as eating, physical exercise, stress, coffee, smoking, alcohol and medicines (including natural products, vitamins) – may influence the results of laboratory tests. You should avoid smoking, alcohol and vigorous physical exercise for 24 hours before your sample is collected. We recommend that you sit still just before sample collection for about 15 minutes to normalise your circulation.

Some laboratory tests require you to be without food before sample collection (tick in the box alongside “DO NOT EAT OR DRINK”).

Following these instructions guarantees that the results are as reliable as possible. If you have deviated from these instructions, please inform the person collecting the samples.

YOU MAY EAT AND DRINK. You may have a light breakfast and take your morning medication before the collection of samples, unless otherwise agreed with the attending physician. Please note that most HUS laboratories are open during the afternoon, and some also in the evening. You will find more information at www.hus.fi/en/laboratories.

DO NOT EAT OR DRINK for at least 10 hours before the collection of samples. You may not eat anything in the morning before the collection of samples, but you may drink one glass of water. You may take your morning medication, unless otherwise agreed with the attending physician.

SAMPLE TO BE COLLECTED BEFORE MEDICINE IS TAKEN or at certain time:
_____.

You may take your morning medication, unless otherwise agreed with the attending physician. Sometimes the blood test should be taken before you take your morning medication (e.g. if you have thyroxine medication or if the planned blood test is for S – T4V). Some laboratory tests – for example a certain thyroid test (S-TSH) – require the sample to be taken at a particular time of day. The preferred time for the TSH test is between 7:00 and 14:00.

Urine sample

MID-STREAM URINE SAMPLE. Do not urinate for at least 4 to 6 hours before sample collection. You may drink no more than one glass of water. Urine samples can also be collected at home. The health station or hospital staff will give you separate instructions and sampling equipment.

- URINE CYTOLOGY SAMPLE (U –Syto-1). Empty your bladder in the morning about 2 hours before coming to the laboratory and then drink 0.5 litres (1 pint) of water. The sample will be taken at the laboratory.

Other samples

- EKG

- Exercise test
See separate instructions

If you have any questions, please call the customer service: 09 471 86800 Mon–Fri 7.30–15.30 (laboratory test results will not be given over the phone).

Patient instruction 24.02.2022