

INSTRUCTIONS FOR PERSONS COMING TO UROLOGICAL LABORATORY TESTS

Many factors preceding 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 physical exercise for 24 hours before the collection of samples. It is recommended that you sit still about 15 minutes before the collection of samples to normalise your circulation.

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

Blood sample

- 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. Moderate drinking of water is allowed. If the samples are to be taken during the day or in the afternoon, 4 hours should have passed from your previous meal.
- DO NOT EAT OR DRINK FOR 10 to 12 HOURS before the collection of samples. You may not eat anything in the morning before the collection of samples. You may only have one glass of water. You may take your morning medication, unless otherwise agreed with the attending physician.

Urine sample

- MID-STREAM URINE SAMPLE. Do not urinate for at least 4 to 6 hours before collecting the sample. 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.
- CATHETER URINE SAMPLE. A catheter has been inserted into your bladder either via the urethra or through the abdominal wall. You should plug the catheter so that the catheter remains closed for 3 - 4 hours (at least half an hour) before you arrive at the laboratory.
- RENAL CATHETER SAMPLE. A catheter has been inserted into one or both of your renal

pelvises through the side of your body. You should change a new bag(s) in the morning for the collection of the urine sample.

URINARY STOMA SAMPLE. You have a urinary stoma. You should change a new bag in the morning. A sample will be collected from the bag in the laboratory.

If you have any questions, please call the customer service: +358 9 471 86800, Mon–Fri 7:30– 15:30 (laboratory test results will not be given by phone)