



INSTRUCTIONS FOR COLLECTING BIOLOGICAL SAMPLES FOR LABORATORY TESTING

VENOUS BLOOD SAMPLE

General Instructions

- Fast for at least 8-12 hours before the test (not exceeding 18 hours), avoiding all beverages except water.
- Avoid physical exertion for 24 hours prior to the test.
- Refrain from smoking on the morning of the test.

Venous Blood Sample for Prolactin Testing

- The test must be performed in the morning on an empty stomach after 15 minutes of rest following the insertion of a needle cannula.
- If a curve is required, collect three samples at intervals specified by the requesting physician or, if unspecified, at 30-minute intervals, maintaining an open venous access.

Venous Blood Sample for Oral Glucose Tolerance Test (OGTT)

- The first sample is taken fasting to check glucose levels with a rapid test, which should not exceed 125 mg/dl (92 mg/dl for pregnant women).
- Administer a solution with a known glucose content, typically 75 g, to the patient/client.
- Subsequent blood samples are taken as per the physician's instructions. If unspecified:
 - At 120 minutes (2 hours) for adults.
 - At 60 and 120 minutes for pregnant women.

Venous Blood Sample for Postprandial Glucose Testing

- The meal preceding the test must contain approximately 100 g of glucose.
- The sample is taken 2 hours after finishing the meal.

URINE SAMPLES

Chemical, Physical, and Microscopic Urinalysis

- Use a sterile, wide-mouth container with a screw cap.
- Preferably collect the first urine of the morning.
- Deliver the sample to the laboratory as soon as possible.

Urine Culture from Midstream

- Use a sterile, wide-mouth container with a screw cap.
- Preferably collect the first urine of the morning.
- Thoroughly clean external genitalia with soap and water.
- Open the sterile container carefully without touching the edges.
- Collect the midstream portion of the urine unless otherwise directed by the physician.
- Close the container securely and deliver it to the laboratory promptly. If this is not possible, refrigerate the sample for up to 24 hours.
- Antibiotic treatment should be discontinued for at least four days prior to the test.

Urine Culture Using a Collection Bag (for Infants or Young Children)

- Purchase a sterile adhesive collection bag from the pharmacy.
- Clean the external genitalia and surrounding area with soap and water.
- Apply the bag, ensuring it adheres to the area around the genitalia.
- If no urination occurs within 60 minutes, remove the bag, repeat cleaning, and reapply a new one.
- Once urination occurs, remove the bag, seal it carefully, and deliver it to the laboratory as soon as possible. If this is not feasible, refrigerate the sample for up to 24 hours.



24-Hour Urine Collection

- Discard the first urine of the morning on the day of collection.
- Collect all subsequent urine throughout the day and night, including the first morning sample on the following day, in a 24-hour urine collection container available at pharmacies.
- Transfer a portion into a smaller container for analysis, noting the total urine volume and identifying the sample with your full name.

Urine for Pregnancy Test (Gravindex)

- Preferably collect a sample of the first morning urine in a sterile, wide-mouth, single-use container with a screw cap.

Urine for Bence Jones Protein Test

- A fresh sample (preferably the first or second morning urine) should be collected in a sterile, wide-mouth, single-use container with a screw cap.

STOOL SAMPLES

Fecal Occult Blood Test

- Obtain the collection kits from the laboratory.
- Avoid contamination with urine, water, or menstrual blood.
- Unscrew the top of the collection device, collect stool from three different areas of the same sample, and reseal it.
- Repeat this procedure for three consecutive days, storing samples in the refrigerator until all are collected.

Stool Parasite Test

- Collect samples over three consecutive days unless otherwise directed by the physician, using containers provided by the laboratory.
- Avoid laxatives, antibiotics, and antidiarrheal medications if possible.
- Store samples at room temperature.

Scotch Tape Test for Pinworms

- Collect the sample on slides provided by the laboratory.
- Samples should be taken in the morning upon waking, before urinating or defecating.
- Apply a strip of adhesive tape to the perianal area for a few seconds, then place it on the slide, ensuring it is flat and labeled with your name.
- Store at room temperature and deliver to the laboratory promptly.

Stool Sample for Helicobacter pylori Testing

- Collect the sample, preferably in the morning on the day of delivery to the lab, or at most the previous afternoon, keeping it refrigerated.
- Defecate onto a clean, dry surface (collection container, basin, or toilet paper).
- Use the container's spatula to collect stool approximately the size of a walnut (if formed) or one-third of the container's volume (if liquid). Avoid overfilling.

Stool Culture and Enterovirus Testing

- Use a sterile, single-use container with a screw cap and spatula, available at the laboratory or pharmacy.
- Transfer a small amount of stool into the container, focusing on areas with pus, blood, or mucus, if present.
- Collect samples during the acute phase of infection. To increase pathogen isolation, collect three samples on different days.
- For Adenovirus and Rotavirus testing, use the same collection method. If both tests are requested, use a single container.



SPUTUM SAMPLES

Sputum for Culture Test

- Use a sterile, single-use container with a screw cap.
- Fast for 12 hours.
- Clean the mouth thoroughly and rinse with mouthwash.
- Collect sputum from a deep cough, ensuring it originates from the lower respiratory tract and is not contaminated with saliva.
- Deliver to the laboratory within 2-4 hours of collection. If not possible, store at room temperature for up to 24 hours.

SEMEN SAMPLES

Semen for Culture and Sperm Analysis

- Collect the sample via masturbation. Coitus interruptus is not recommended due to incomplete collection and contamination risks.
- Do not use contraceptive condoms as they may contain spermicides. Regular latex condoms are also unsuitable as they interfere with sperm motility.
- Use a sterile, wide-mouth container with a screw cap.
- Label the sample with your full name.
- Wash hands and thoroughly clean the genital area, rinsing carefully.
- Avoid touching the inside of the container or lid with your hands or genitals.
- Place the lid upside down on a clean surface.
- Collect the entire sample, close the container immediately, and report any sample loss.
- Maintain a 2-7 day period of ejaculatory abstinence before the test.
- To avoid temperature fluctuations and delays, collect the sample in a private room near the laboratory, ensuring the analysis begins within 30 minutes of collection.