

## How to prepare yourself for laboratory examinations

There are several circumstances before sampling that influence the outcome of the laboratory tests. So please prepare yourself carefully for testing by following the instructions from the unit responsible for your care.

### Please follow these general instructions

#### Blood sampling

1. On the day before blood sampling
  - Don't eat anything for 10 - 12 hours before the blood sample is taken when the test requires fasting. Tests marked with the letter f before the test code require fasting, e.g., fP-Gluk.
  - Avoid alcohol.
2. On the morning of the day of sampling
  - Avoid smoking and other tobacco products, coffee and tea.
  - Avoid heavy physical strain.
  - If samples requiring fasting are taken, you may only drink one glass of water.
  - Come to the laboratory in time, so that you may sit down and rest for about 15 minutes before blood sampling. This allows your blood circulation to equalize.

If you are tested for measuring the concentration of some medicine in your blood, take that day's dose of medicine only after the blood test has been taken, unless your doctor has instructed otherwise.

#### Urine sampling

1. Please follow the instructions of the laboratory for providing a urine sample. (Providing a urine sample)
2. You may give the urine sample in the laboratory, but if you do it at home, you must only use the container for sample collection that you have gotten from the laboratory or the unit where you are being treated.
3. The best urine sample for basic screening is a morning urine sample. Alternatively, you may provide a urine sample after the morning urination that you take 4 hours later without urinating since the morning.

4. Follow the test-specific instructions regarding other urine samples.

Laboratory testing requires that you have a referral to the laboratory from the unite where you are being treated.

The results are sent directly to the referring physician and you may ask for them at the unit responsible for your care.

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