

## Instructions for persons coming in for laboratory tests

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You are requested to undergo laboratory testing.

You may go to one of the SataDiag laboratories or the laboratory of your local health centre.

Information on SataDiag laboratories' opening hours and instructions for making appointments is available in Finnish at [www.satadiag.fi](http://www.satadiag.fi).

Make an appointment for the laboratory tests. You can make the appointment online at [www.satadiag.fi](http://www.satadiag.fi) (in Finnish) or by phone. The number is 02 627 6410. The staff will take your calls Mon–Fri between 10 am and 3 pm.

### **Please follow the instructions marked with a tick:**

Samples for the tests requested can only be collected in the laboratories of Rauma or Satasairaala (Pori).

#### **Blood sample**

- Do not eat, drink or smoke for 10–12 hours before sample collection in the morning. You may drink one glass of water in the morning. Avoid physical exertion before sample collection.
- You may eat and drink as normal.

#### **Urine sample**

- Do not urinate for 4 hours before sample collection. You may drink one glass of water. Urine samples can also be collected at home in sample containers available from the laboratory.

- Pick up sample containers and instructions for urine collection from the laboratory.

#### **ECG (electrocardiogram)**

- Yes, ECG will be recorded

#### **Stool sample**

- Pick up sample containers and instructions for stool sample collection from the laboratory.

#### **Go to the laboratory for testing no later than**

- Two or three days before your doctor's appointment
- One week before your doctor's appointment
- Two weeks before your doctor's appointment

#### **Morning medication**

- Take your morning medications as normal.
- Take your morning medications only after sample collection.

#### **You will be informed of the results of the laboratory tests**

- By letter
- At your doctor's appointment. The time of the appointment is given on a separate sheet.
- By telephone. The time you will be called is given on a separate sheet.

## **Contact information**

Satakunnan hyvinvointialue

Laboratory - SataDiag

Phone enquiries 02 627 6410

weekdays 10 am – 3 pm.