

Patient Instructions

For sonography of Abdomen, Liver & Gallbladder

- Fast for atleast 8 hours. Preferably overnight fasting
- Patient can have water / lime or fruit juice / coconut water during the fast. (No tea, No milk, No coffee)

ECG

- No restrictions on food and liquid prior to test
- All patients are advised to wear a two piece outfit for convenience.
- Please do not come in a one piece outfit or dress because electrodes need to be attached to the chest during the course of the test.
- Please bring along reports of a prior ECG (if done).
- It is advisable to report 10-15 minutes prior the appointment time in order to ensure that all procedures are carried out in a smooth, relaxed and unhurried manner.

PATHOLOGY (LAB TESTS)

GLUCOSE TOLERANCE TEST (NON-PREGNANT)

Patient should be fasting for 12 to 14 hours (no food or drink, except for water). A blood specimen will be drawn and tested. You will

then be given a special drink. Your blood will be drawn once each hour after you finish the drink. The number of hours may vary

from 2 to 6. Your doctor will decide how many hours you will be tested. Please allow plenty of time for this test

to be completed. You will need to allow approximately one hour more than the number of hours your physician requested. For

example, if your physician ordered a 3 hour glucose tolerance, please allow 4 hours for the test to be completed.

VITAMIN B12 AND FOLATE

A fasting specimen (no food or drink, except for water) for 12- 14 hours before blood is drawn is preferred. However, your doctor may request that you have your blood drawn when you are not fasting.

DIGOXIN LEVEL

Blood should be drawn 6-8 hours after the last dose of digoxin was taken.

50 GRAM 1 HOUR GLUCOSE TOLERANCE TEST (GESTATIONALDIABETES SCREEN)

- 1 No special patient preparation is required.
- 2 This test is done without regard to the time of day or time of last meal. You do not need to fast before this test is given.
- 3 You will be given a special drink and your blood will be drawn one hour after you finish the drink.
- 4 Please allow at least 1 ½ hours for this test to be completed.

CONTAINERS

Sterile containers and 24 hr urine containers may be picked up at Outpatient service between the hours of 6am to 6pm. After hours, please contact laboratory for container.

STOOL SPECIMEN COLLECTIONS

STOOL FOR OCCULT BLOOD

Diet and drugs may affect results of occult blood testing. Please talk to your physician before making any changes in diet or medications prescribed for you.

- For three days before and during stool collection eat a well balanced diet including fiber such as bran cereals, fruits and vegetables. Avoid red meats, including beef, lamb, and liver.
- There are also some common over-the-counter drugs that may affect results of the testing. For seven days before and during the stool collection period, avoid non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen, or aspirin.

Note: Aspirin may be taken if not in excess of one adult aspirin or 325mg per day.

Acetaminophen (Tylenol) may be taken as needed. For three days before and during the stool collection period, avoid vitamin C in excess of 250mg/day from supplements, citrus fruits, and juices.

Iron supplements may be taken if they do not contain more than 250 mg of vitamin C.

1 Your doctor or laboratory will give you one or more test "cards".

2 You will collect a separate sample from three different stools, usually on consecutive days. Each stool specimen should be colle

cted into a clean container and should not be contaminated with urine or water.

3 Each card should be labeled with your name and the date and time of collection.

4 Open the flap on the card.

5 With an applicator stick, apply a thin smear of stool onto each filter paper/square/window contained on the card.

6 Allow the filter paper to dry. Once it is dry, it is stable.

7 Collect all of the consecutive samples, and then return them to Outpatient services or your physician office. If you have been gi

ven a mailer, please return the collection cards by mail.

STOOL COLLECTION FOR OTHER TESTS

You may be asked to collect a stool specimen for laboratory testing. You may collect this specimen in a clean container with a tigh

tly fitting lid or in the collection kit provided by CRMC. If you are instructed to collect specimens for stool culture plus O&P, please

use the stool collection kit provided by CRMC Lab. This kit gives optimum specimen preservation for testing.

PATIENT INSTRUCTIONS

NOTE: Prior to collecting a stool specimen, avoid consuming the following:

1. Antacids
2. Antidiarrheal Medications
3. Oily Laxatives
4. Barium or Bismuth

These products can interfere with Test Results

SPECIMEN COLLECTION

1. Collect stool specimen into a clean, dry, disposable container.

(Cut off milk carton, cottage cheese or ice cream container, plastic bag, etc)

Do not allow urine or toilet water in container with stool

Note: If you have not been provided with special containers for returning your specimen, you may collect the specimen in a clean container

with a tight fitting lid. Label the container with the patient's name and the date of collection and return to CRMC lab as soon as possible.

If you have been provided with a set of stool specimen vials, please follow these directions.

2. Each vial has a "spoon-scooper" attached in the lid to help in adding stool to the vial.

If present, select areas of the stool that is watery, bloody, slimy, or loose.

Add stool to each vial according to these directions:

OTHER SPECIMENS

SEMEN ANALYSIS

1 Refrain from sexual intercourse or masturbation for between 2 and 7 days.

2 Produce the sample by masturbation without artificial lubricants. Do not use a condom, as condoms contain spermicidal agents.

3 Collect the sample into the clean, wide mouth container supplied. It is important that the whole ejaculate is collected. If not, the specimen should be labeled as incomplete.

4. Within 1 hour of collection, bring the sample to Outpatient services or to the laboratory. Keep the specimen warm in a pocket near your body.

5 Label the specimen with name, date, and time of the collection.

6 Complete the patient questionnaire (found in OP registration or Lab front desk) and return to Outpatient services or laboratory with the specimen.

7 Samples may also be produced in a room at the laboratory

SPUTUM FOR CULTURE AND ACID FAST MYCOBACTERIUM (AFB)

1 Patient should rinse mouth and gargle with water immediately prior to collection.

2 Collect specimen from deep cough into a sterile container.

3 Patient should avoid any contamination with saliva.

4 Return specimen as soon as possible.

If there is a delay, specimen should be refrigerated. Please label the specimen container

with patient's name, date and time. Please note that if you have any questions, you may call your physician's office or

Capital Region Medical Center Laboratory at 1-573-632-5230.

Thank you for allowing us to provide laboratory services for you and your family.