

PATIENT GUIDELINES FOR GLUCOSE TOLERANCE TEST

The oral glucose tolerance test is used for the diagnosis of diabetes mellitus. Diabetes Mellitus is a disease in which the blood sugar levels are high. There are several forms of diabetes, all having in common a high blood sugar level. The oral glucose tolerance test involves drinking a glucose sugar drink after an overnight fast. Blood samples are taken before and after the glucose drink for measurement of blood glucose levels. Patients with diabetes will have higher than expected glucose levels in these samples.

PRE COLLECTION

For 3 days before the test you should eat normally. If your doctor or dietitian has prescribed a special diet you should discuss this with them.

Take only your usual amount of exercise before the test.

You should eat nothing from 10.00pm the night before the test, but you may drink water.

If you take tablets or medicines take these as usual. If any should be taken with food, it may be best to take them after the test; if you are unsure discuss this with your doctor. Pregnant women are not usually required to fast for screening glucose tolerance.

COLLECTION

At the laboratory a fasting blood sample is taken from arm.

You are then given a glucose drink.

You wait for an hour or two and then a second blood glucose sample is taken from you. They are a number of formats for the glucose tolerance test, the one required by the physician would be selected.

POST COLLECTION

After the test is complete you are free to leave the lab. Your results will be forwarded to the requesting physician.

Reminders: You may drink water.

Do not fast for more than 16 hours.

PATIENT GUIDELINES FOR URINE COLLECTION

Your physician has ordered a laboratory test that requires examining your urine. Please obtain the correct collection container from your physician or ChemScreen Laboratory Services.

Urine specimens may be collected in a variety of ways according to the type of specimen required, the collection site and patient type.

Randomly Collected Specimens are not regarded as specimens of choice because of the potential for dilution of the specimen when collection occurs soon after the patient has consumed fluids.

- Open urine container and pass urine directly in container. Collect container half full with urine.
- Cover container carefully and bring to Laboratory

First Morning Specimen is the specimen of choice for urinalysis, microscopic analysis, bence jones proteins, urinary analytes eg. Electrolytes, amylase; since the urine is generally more concentrated.

- Empty bladder the night before collection.
- In the morning collect the first urine passed into the urine container obtained from the Laboratory
- Cover container carefully and bring to Laboratory

Midstream Clean Catch Specimens are strongly recommended for microbiological culture and antibiotic susceptibility testing because of the reduced incidence of cellular and microbial contamination.

- Clean vaginal area prior to collection by washing with soap.
- When desire to urinate pass the first set of urine off into the toilet.
- Then collect urine in sterile container obtained from the laboratory or physician.
- Collect container half full, pass the balance of urine into the toilet.
- Cover container carefully and bring to Laboratory

Complete the container identification label with your

- First and last name,
- Date of birth,
- Collection date
- Collection time.

Keep urine cool / refrigerated and bring to the lab immediately, definitely within 24 hrs.

24 HOUR URINE COLLECTION INSTRUCTIONS

Kindly read all this material before you start your urine collection.

Your Health Care provider requires that you collect a 24 hr urine for testing, to aid in your health care. Important decisions depend on the results of your urine test. If you have any questions about your test and why you are doing it, kindly contact your physician.

Your urine test will not be accurate and you may need to do the urine collection again if, for any reason, any of the urine you pass during the 24-hour time period is not put into the provided collection container and returned as instructed.

Collect your urine container from the Laboratory with the appropriate preservative for the test requested. Follow the appropriate guidelines

PATIENT GUIDELINES FOR STOOL COLLECTION

Your physician has ordered a laboratory test that requires examining your stool. Please obtain the correct collection container listed below from your physician or ChemScreen Laboratory Services.

Helpful Hints for Collection:



Standard Toilet: Lift toilet seat and lay a 13-gallon garbage bag or plastic wrap over the bowl.
OR collect stool in a wide mouth clean container.

Potty-Chair: Clean and thoroughly rinse reservoir. Allow to air dry before collection.

Diaper: Line diaper with plastic wrap or turn plastic-lined diaper inside out. Secure on child. Many disposable diapers have chemicals that will interfere with testing.

It is important that the stool specimen is NOT contaminated with urine or water. Place an aliquot of stool into the container provided by Laboratory or Physician about half full. **DO NOT FULL CONTAINER TO TOP**

Complete the container identification label with your

- First and last name,
- Date of birth,
- Collection date
- Collection time.

Keep stool cool / refrigerated and bring to the lab immediately, definitely within 24 hrs.

SPECIAL REQUIREMENTS

Occult blood

Abstain from red meats for 1 one week, Suggest three consecutive samples be collected.

GUIDELINES FOR SEMEN COLLECTION

PRE COLLECTION

Before you start a semen collection abstain from sex for 3 days.

COLLECTION

Collect a bottle from ChemScreen Laboratories, either our Belleville or Warrens location.

On the morning of sampling, masturbate directly into bottle, capturing all the specimen.

Do not collect specimen in condom as some condoms contain spermicides.

Do not “withdraw” as you can lose specimen

POST COLLECTION

Cover the bottle carefully.

Keep bottle at body temperature by placing in waist belt, under your arms or between legs.

Immediately bring the sample to the lab, no more than 2 hours should pass after collection.

Bring the sample to laboratory before 10:00 am

Reminders

Do not let the bottle get cold after the sample has been placed in it.

keep at body temperature all the time.

Do not use a condom.

